

ECNU CIRCLE

華東師範大學 | 英文校園刊物

No.16 May, 2018

SPOTLIGHT

*The New Look of ECNU
Campus*

CULTURE

*Intercultural
Experience of a PhD
Student in the UK*

PROFILE

*Wang Shile: Seize
the Time, Create
the Possibility*



读华彩篇章
品东西文化
感师大生活
悟大学真谛

Circle in Hand English in Mind
ECNU CIRCLE
华东师范大学英文校园刊物

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英其风采
语者歌章

简介

ECNU CIRCLE 刊物自 2013 年春季起，每学年三期。作为华东师范大学英文校园刊物在中北、闵行校区内发行。每期发行 2000 册。

宗旨

在华东师大党委宣传部、校团委、外语学院大学英语教学部的指导下，面向全校本科生、研究生以及留学生，组织对英语刊物感兴趣、英语水平较高学生，创办知识性、实用性、趣味性并重的英语刊物。旨在坚守师大传媒人的责任，在缤纷的英语刊物中融入师大人自己的特色，力图打造属于新一代大学生自己的“英语氧吧”，展现一个真实的，活力四射的华师大校园英语世界。

内容

每期有 11 个固定栏目，范围涵盖校园、社会、文化、艺术、文学、潮流等各个方面：

Profile（人物）：展现师大师生和校友的风采

ECNU Life（校园生活）：记录校园生活点点滴滴

Spotlight（校园热点）：聚焦师大热点新闻

On the Road（人生驿站）：面向师大学生征稿，倾听他们的心路历程

Literature（美文荟萃）：介绍优美的英文诗歌、散文和小说

Movie（电影）：推荐和评论当前最流行的电影

Culture（文化）：探讨文化的冲突、交流与融合

Study Abroad（他山之石）：分享师大人的海外学习经历

Column（专栏）：邀请师生撰写专栏，发表独到见解

English Workshop（英语加油站）：传授英语学习的最新资讯、策略和方法

Love in ECNU（爱在华师）：师大校友的真情故事

特色

刊物的采、编、写、发行等环节均由学生负责，独立完成。

目标

打造华东师范大学校园文化的新标杆。

投稿

来稿要求：1. 内容体现大学校园生活特色 2. 行文有深度有创新有感悟有情感皆可 3. 英语语法无错误，英文地道者优先 4. 文体形式不限，字数为 400 字以上（诗歌字数不限）。

欢迎同学踊跃投稿。优秀佳作刊登于 ECNU CIRCLE 刊物上，并有相应稿费酬劳。本刊一般不退稿，未见回复者即可视为未获采用。投稿请注明投稿字样，写上年级、院系、姓名、联系方式。

投稿邮箱：ecnuontheroad@126.com。

This day is all about the graduates and about what you've earned—earned through endless and mostly foggy hours of study; earned by overcoming again and again your natural inclination for procrastination, living by the principle of just-in-time, which means waiting until the last moment to study for exams and write papers (even though it's a well-known fact that the smarter you are the more you tend to procrastinate); earned through sacrifice of something we call sleep, not to mention nutrition and personal hygiene; and earned by persevering in those inevitable moments of self-doubt.

Now while this occasion is about you, there are a few people here today who have contributed mightily to your getting to this point in life and whom you'll never be able to thank enough. I can assure you that nothing focuses the mind like the successes and disappointments of one's own children. And, as much as we, your faculty, feel deep affection for you, nothing can compare to the pure adoration of your parents and families. Please, take this opportunity to thank them.

This is a time, above all, for active engagement. That, of course, means you, when you leave here, and the rest of us, who stay to be with your successors. But I also believe that universities now need to rethink their role in society and consider new ways to apply the extraordinary knowledge and capacities we possess to activities that will improve the human condition and help to solve humanity's problems. Our special role as a university, of course, is to expand human knowledge and to educate the next generation. With that injunction in mind, there is plenty of room for universities to be far more engaged than we have been. Many faculty members already find ways to do this on their own. But no university has adopted, as a central mission, the project of working closely with partners beyond the academy—in government, the private sector, and civil society—who have the power, influence, and relationships to transform the intellectual work of the university into the solutions so urgently needed in the larger world. As you know, Columbia is now planning to embark on that very mission through the new Columbia World Projects.

Whether it is through climate monitoring and seasonal forecasting aimed at mitigating the effects of climate change on public health, food security, and global migration; or by making the coming revolution in health care based on precision medicine's use of genetic sequencing available to the largest number of people—there are many areas where Columbia can be more actively involved in helping out with some of the world's greatest needs. I hope in years to come you will look back with pride on what Columbia has done, in traditional and in new ways, to help make your world, our world, better.

An Address Adapted Excerpt of the 2017 Commencement
by President Lee C. of Columbia University, May 17, 2017

（美编 / 舒紫云 审稿 / 汪燕）

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情定华师大：校友谭伟繁



ECNU CIRCLE 华东师范大学 | 英文校园刊物

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A SPECIAL EDUCATOR IN SPECIAL EDUCATION

——DEDICATED AND PEACEFUL

文 / 唐郁琦 叶琳 美编 / 陈诵弦

As a humanbeing, we tend to approach people from the front and get a one-side view. When interacting with special children and their families, we are able to approach people from the back and get a different view. From the back you see both fragility and cruelty in human nature, which may not be easily detected when we view people from the front.”

In 2017, Prof. Wang Heping from the Department of Special Education won the award of Ten Best Teachers at ECNU for his contribution to teaching and research in the field of special education. In his eyes, special education means something more than love and patience. So what is his unique interpretation of special education? What led him to become such an excellent educator at ECNU? The following interview conducted by *ECNU Circle* may throw some light on his educational philosophy and life as a teacher at ECNU.



ECNU CIRCLE: Could you tell us why you choose teaching as your career?

W: It all started when I majored in Biology at Shaanxi Normal University (SNNU), a university known for its teacher cultivation curriculum¹. This inspired me to become a teacher after graduation. On a more practical basis, I was further motivated by the opportunity to have my tuition covered by the school. Since I grew up in a small and poor village of northern Shaanxi province, I would thus be denied the ability to get a college education had I picked a different university. The cost of a higher education at that time was beyond my family’s financial means.

E: Since you originally engaged with the study of biology, how did you end up becoming a special education teacher instead of a biology teacher?

W: The answer lies with my childhood experiences and my work experience. I grew up in a village where a sizeable proportion of the population were diagnosed with mental disorders. My cousins belonged to this cohort². After college graduation I worked at a secondary school in Shaanxi, and then was later transferred to a special secondary school in Shanghai. Meanwhile, East China Normal University (ECNU) was recruiting special education teachers at that time. I applied for a position. I knew that if I could get a job at ECNU then I would be able to put my knowledge to use. I have been a teacher in ECNU’s special education ever since.

E: What kind of techniques do you value most in training special education students?

W: I lay great emphasis on the students’ practical skills—that is, teaching them to take from what they’ve learned to explore their own abilities in solving problems. I’ve noticed that students may have a good command of theoretical knowledge, yet quite incompetent in tackling practical problems. So I’m working on a solution to this dilemma³. In class I demonstrate students how to carry out rehabilitation⁴ training and how to manage classroom in special education. In my opinion, students ought to practice those teaching skills before they step into the working world. Applying theoretical concepts with practical skills are two essential factors in developing a students’ career path. And only when they have obtained these skills can they stand a greater chance of finding a job in the future.

E: You’ve had a long and successful career in special education. Within that twenty year time span of teaching, who has left the deepest impression on you?

W: It was Prof. Du Xiaoxin, a teacher determined to facilitate growth and development for children of special needs. He once argued that the value of research lies in its resemblance⁵ to reality. He is the person who instilled the idea into my mind that special-need children should be treated in the most humanistic way. Another important figure in my life was an autistic⁶ child, whose parents seemed desperate and hopeless when they consulted me for professional help. On the other hand, I was moved deeply by his parents’ co-operation and integrity to dedicate their lives to him. Three years later, he was able to engage in academic learning and also learned to communicate effectively with others. He even lived a relatively independent life. His parents were always patient and optimistic when discussing their son’s future. Thus we were able to work out a feasible plan for him, including sending him to a junior high school instead of a special education school. Although he might not accomplish

as much as other kids, he showed a great passion for study and had no difficulty in socializing with his peers. This case serves as a good example of how important the parents' involvement is for such children. Effective results are attainable as long as parents are cooperative and persistent for their child's rehabilitation program. What's more, this kind of parental support also tends to have stronger results in promoting the long-lasting health for their child.

E: *When advising students in the special needs program, do you often give them suggestions on how to navigate⁷ their professional careers?*

W: Yes, I do. But I don't need to put forth too much time and effort because ECNU offers students courses on career guidance. I often suggest that they need a "tree" and two "flowers". "A tree" means they need to have a core skill. For example, if they want to be a special education teacher, then they need to be professional in a core field, such as physical exercise rehabilitation. "Two flowers" means they need to cultivate two other skills relevant to the core skill. For example, if their core skill is rehabilitation, then their other skills can be guidance of family education for special children. Special education teachers may become easily frustrated because it takes much longer time and more patience to reach their teaching objectives in class. To offset such a frustration, they can offer guidance to the family education and probably achieve a sense of accomplishment. As you can see, a special education teacher who has a "tree" and two "flowers" will be more likely to make a career.

E: *What do you think is the difference between special education teachers and general education teachers?*

W: Many people think of love and patience as the core virtues of special education, but those two things alone don't make them stand out. Love and patience are essential qualities for every teacher. In regards to the question I feel the biggest difference is that teachers of special education are expected to have a wider range of knowledge, more insightful experiences and lots of knowledge about psychology and medical science; and with these refined skills, the career development of teachers in special education occurs at a much slower rate.

E: *There is a growing concern among the academic community that modern China is failing to produce any great educators like Tao Xinzhi. What do you think normal universities specializing in teacher cultivation like ECNU should do to reverse⁸ this trend?*

W: As a normal university, ECNU should strive to cultivate its students with the proper skills to solve the most pressing issues in modern Chinese education. The focus of teacher



Prof. Wang serves as the Consultant of Shanghai ECNU Baby Center.

education shouldn't be simply narrowed down to knowledge and skills. Instead, vision and mentality of great educators should also be taken into consideration.

E: *We have been told that you serve as the Consultant of Shanghai ECNU Baby Center. What were your original intentions in joining it?*

W: It can be understood by my emphasis on social functions as a matter of scientific research in special education. First, research should serve the needs of people in the society. Second, research should facilitate students' academic growth. Third, research should promote scholars' professional development. I think the first is the most important one. The goal of pursuing academic research is to solve the educational problems and help those children with learning difficulties. Shanghai ECNU Baby Center offers a platform for us to combine teaching and research to better fulfill those social functions. We initiate such a training program where the students get involved in treating kids with special needs with rehabilitation exercises. By doing so, students not only learn to identify the educational problems but also know how to prescribe a solution to these problems. We still need to improve upon what we have mastered so far, either in designing the rehabilitation exercises or developing rehabilitation equipments.

E: *Could you illustrate the rehabilitation training program in China and intervention measures adopted in such program?*

W: Special education deals with educational, psychological and medical problems. The solution to those problems involves three types of professional therapy⁹ treatments: physical therapy (PT), occupational therapy (OT), and speech therapy (ST). Even though the Chinese government has repeatedly emphasized the importance of special education, we still lag far behind in producing professional therapists in the field. Moreover, inadequacies are further pronounced with a lack of a proper system or environment to train those professionals. In China, PT/OT/ST professionals are ostensibly¹⁰ those people with medical backgrounds---time-consuming cultivation. By contrast, such cultivation is performed through the general education programs of universities in western countries. These PT/OT/ST professionals also play a larger role in carrying out the work from educational and psychological approaches, which means the amount of intervention in terms of medical rehabilitation remains a weak prospect in China.

E: *Now we want to dive into some of the disorders of students with special needs. Could you give us a brief introduction about the characteristics of autism and its corresponding intervention?*

W: The intervention to autism is complicated and difficult. I would like to compare autism as "cancer" in children development for its high frequency of occurrence and difficulty to intervene. In terms of intervention, America, Japan, and some European countries are relatively more advanced. Hence autism is a great concern for many researchers and their research perspectives are rather diverse as well. Unlike the research on cerebral palsy¹¹, researchers haven't reached a universal standard in the intervention of autism.

Consequently, there are a variety of research papers related to autism. The autism intervention can be classified into the following three categories. The first is the intervention of rules. The core problem of autism is the difficulty to understand and execute the rules. To solve this problem, the autistic children should be taught and trained to know what they should and shouldn't do. The second is the intervention of language and speech, especially the latter. Autistic children have capacity to speak, but they simply don't know how to speak on appropriate occasions. The third is the intervention of interests. One of the biggest challenges for autistic children is that their hobbies are rather limited. Once they develop an interest in something, they will become addicted to it. This limits their capacities to learn other things in life. That's why expanding their interests and knowledge is a matter of importance.

E: What is your unique approach in the intervention in autism?

W: I would say that our intervention technology in autism is in the lead on a global scale. The core of our intervention is the intervention of rules, which is accomplished in three ways. The first is to strengthen the reading capacity of the autistic children and broaden their visions. The reading awareness and habit should be established at an early age. The second is to enhance the rehabilitation exercises of autistic children. Autism is not only a behaviour disorder but also a physiological disease which creates problems in immune system and gastrointestinal¹² problems. Last but not the least, autistic children should be encouraged to do more manual work when they are young and master more vocational skills as they grow up. Blessed with an expertise in both biology and pathology, I put emphasis on the enough exercise of brain function before kids' brain matures. I never try to inhibit those "weird" behaviors of autistic children. Instead, I give them the freedom to follow their natural tendency. I believe only when the brain function of autistic children is fully explored can we really help them.

Besides, autistic children may have trouble in understanding the rules in spite of the fact that these rules are repeatedly told by their teachers. My approach is to enhance their understanding of the rules by immersing them in a series of single instructions and teaching them to follow those instructions. The reason is that before a person follows a rule, he must learn the "pre-rules" through experience. The "pre-rules" here refer to the understanding of every specific instruction, which is the foundation of special education and pitifully has not been a solid one so far. Actually, instruction is the starting point for any therapy and treatment for special children. In pursuit of special education, many people look up and aim high. I would rather look down and explore the base. Once the foundation is laid down, we will be able to move up progressively. It is very likely that "immersion teaching" is the foundation of the special education. Such a foundation can be very immense and usually built up with knowledge from various fields. Therefore, if researchers from all over the world can explore this foundation together and make it more systematic, I think the special education would have a greater potential in the future. On the whole, we're going on the right course in pursuit of special education.

E: As far as you are concerned, what are the current prospects of special education on a global scale? What is the difference between special education in China and those in other countries?

W: On an international scale, the overall trend of special education is making a transition from isolation to integration. In the past, children with special needs were kept at home for care and education; now they are encouraged to step outside and get involved in school, community and society. What is important is their preference to the integration rather than isolation. Isolating special children from other children will hinder their social capabilities, this worsening their condition. That is why we advocate that children with special needs should not enter schools designed for kids with special needs, rather we feel that general education schools are conducive to their well-being and development.

The policy and trend of special education here in China is manifesting itself throughout the country. The lack of progress in China's special education programs is self-evident; it didn't start until the end of the last century when we translated and studied theories of special education from U.S.A. and some European countries. Over several decades, the system of China's special education has been gradually built up with the growth of academic research and curriculum development. In western countries, the average student population in one single class is relatively small. Moreover, special education teachers often work with general education teachers in the classroom. On the contrary, in China the average amount of students per class can reach forty or fifty and the content is taught at a fast pace. It is therefore impossible for us to simply follow the model of western countries in terms of special education. We have built up our own model in the field of autism concerning intervention and rehabilitation training, which has turned out to be a great contribution to the worldwide research of autism.

E: The Chinese government has issued a policy to scale up the pattern of "integrating special children into the regular classroom". What are your thoughts on this?

W: It is a matter beyond pros and cons. First, "integrating special children into the regular classroom" does not mean that a particular school should enroll more children with special needs. Rather, it means that there should be more schools open to those children. The ultimate goal of this program is that every child with a special need can be admitted to a general education school in his neighborhood in order to avoid commuting over long distances. The problem lies, however, in whether these general education schools are ready to accept children with special needs and provide them with maximum benefits.

The fact is that many general education schools may contradict¹³ the government policy. Some teachers could be unwilling and even averse to these children with special needs. How can the integrated education be carried out if the school and its teachers—among other people such as regular citizens hold such an attitude? Actually it is a complicated issue and deals more with human nature rather than educational policies. More efforts should be made to engage public awareness on the integration of children with special needs into practical life matters.

E: You have been devoted to special education for about 20 years. How does this career influence your perspective to understand human nature?

W: As human being, we tend to approach people from the front and get a one-side view. When interacting with special children and their families, we are able to approach people from the back and get a different view. From the back you see both fragility and cruelty in human nature, which may not be easily detected when we view people from the front. Parents of special children may adopt different life attitudes and treat their kids accordingly. By observing them from the back, I can tell whether they are kind-hearted or ruthless people. In terms of my own life attitude, my name "Heping" reveals a lot as it literally means "Stay Peaceful" in Chinese. I always try to maintain a peaceful mind in my life.

E: As the laureate of the "2017 Best Teacher of ECNU"

what do you want to say to all the students of ECNU?

W: My views are tied in with my experiences in teacher cultivation. Firstly, students should have a passion to be an educator who, not just teaches his students about a certain field or topic, but aspires to solve China's current educational problems. ECNU students should have such a vision and take the initiative because this is what normal universities like ECNU stand for. It's a pity that I could hardly feel that passion among ECNUers nowadays. China has not brought up any great educator like Tao Xingzhi since he left us. This should be a great concern for all of us.

Furthermore, I am under the impression that undergraduates are not very serious with their academic life. Their interest in knowledge is on the wane¹⁴ while their addiction to gaming and online streaming is exploding. For instance, no matter how interesting a class lecture is, the students are still all too easily distracted by their mobile phones during class. This is a thorny issue, but there is no solution. The university has provided the students with various online resources, nearly 80% of which, I assume, are used for online gaming. I sincerely hope that ECNU students treasure their college life and make better use of the academic resources available to them through the university.

Prof. Wang in Their Eyes

The *ECNU Circle* journalists interviewed current and former students of Prof. Wang as well as his colleagues so that we can come up with a comprehensive profile.

ECNU CIRCLE: *Could you describe Prof. Wang in three words?*

Student (an anonymous student): He is humble, knowledgeable and humorous.

E: *What impresses you most in interaction with Prof. Wang?*

Student: Prof. Wang cares about the needs of his students - big or small. Once Prof. Wang went to travel by air. He called me at the airport and asked me to remind another student who was using his laptop that both the mouse and the keyboard might need a new AA battery. It was at that moment that I realized how he regards all of us as his own children and takes care of us. Although he is so busy, he bears in mind every need of his students. You are assured that any problems that are not solved on the spot will be worked out for you later.

E: *What makes Prof. Wang's teaching style so unique?*

Su Xueyun (Academic Director of QIWI Education): He combines theories with practice and emphasizes the cultivation of students' practical ability. He is strict with students, yet gives them care and help all the time.

E: *What do you think is the biggest help you get from Prof. Wang?*

Hu Bing (Executive Director of QIWI Education): The biggest help I got from Prof. Wang is that he helps me shape my career goals in special education and encourages me to start up a business in this field. At college, I participated in the rehabilitation intervention program for special children in Prof. Wang's laboratory. Those experiences are precious and meaningful to me as I gradually realize how important the intervention program is to those special children and their families. It is such a deep understanding that later motivates me to start up a business in special education—QIWI Education.

E: *What does Prof. Wang value most when he trains the students in special education?*

H: I believe the answer is practical skills as every of his students will tell you if asked. From the utilization of evaluation tools to the intervention and rehabilitation of special children, Prof. Wang holds the belief that true knowledge comes from experience. You will never do a good job in teaching and research if you have never interacted with the special children and haven't gathered enough clinical experience. I am sure the accumulation of practical skills is the greatest gain we get from participation in the research and training program led by Prof. Wang.

E: *What do you think is Prof. Wang's biggest contribution to Shanghai ECNU Baby Center?*

Hao Yan (Director of Shanghai ECNU Baby Center):

On one hand, Prof. Wang is a good model for all of us. He treats special children and their families in a humanistic way—sympathetic, caring and responsible. On the other hand, he acts as both a teacher and a father for his students. You can always benefit a lot from a conversation with him as the talk is spiced with good ideas in scientific research and business startup. He gives us a lot of support materially and spiritually. It is undoubted that Shanghai ECNU Baby Center will never get where it is today without him.



QIWI Education: QIWI Education is founded by prestigious experts and scholars in special education, aiming to provide various supports for educational institutions at all stages with its professional efforts and resources.

Shanghai ECNU Baby Center: Shanghai ECNU Baby Center is a non-profit organization specialized in intervention and rehabilitation training of special children. The 13th issue of *ECNU CIRCLE* did a special report on the Center. You may read it if you are interested.

1. curriculum: n. 课程
2. cohort: n. 一批人
3. dilemma: n. 困境
4. rehabilitation: n. 康复
5. resemblance: n. 相似
6. autistic: adj. 自闭症的
7. navigate: v. 指引方向

8. reverse: v. 颠倒
9. therapy: n. 疗法
10. ostensibly: adv. 表面上
11. cerebral palsy: 脑瘫
12. gastrointestinal: adj. 胃肠的
13. contradict: v. 抵触
14. on the wane: 逐渐衰落

(审稿 / 王志宏)

Seize the Time, Create the Possibility

文 / 黎剑伶 李鑫璩 邢伟林
美编 / 叶思齐



Wang Shile, a master's degree candidate of the Department of Economics and Management, made her speech before thousands of new ECNUers at the Fall 2017 Commencement Ceremony. She has many more things to tell us about her life and study at ECNU. So let's find out more about this ambitious ECNUer.

Speech on the Opening Ceremony

ECNU Circle: Thank you for accepting our interview. We know that you made a speech on behalf of the ECNU student body at the opening ceremony. Can you briefly share the content of your speech with us?

Wang: Yes, thank you for giving me such a chance. I am very honored to be chosen as the student representative. There are many students at ECNU worthy of holding the title. I was just chosen on behalf of the majority of top notch students, and I am happy to take on this role. When shaping up the content of my speech script, I realized I had many things to share with the freshman of ECNU. I resolved to divide it into two parts. In the first part I shared my own experiences in working with scientific research projects and investigation reports; in the second part I shared what I had accomplished during my experience and gave some critical advice to the freshmen. I hope they can have the will to be innovative, with a comprehensive international outlook, and the sense of responsibility to carry it out in their own work. Paying attention to pressing social issues with a new perspective, improving cultural awareness by understanding people with different cultural backgrounds, and having a sense of pride to exercise what they learned at ECNU throughout their entire life is what it's all about. That's what I envision for the fresh semester of ECNUers in 2017.





Scientific Research

E: We heard that you are a two-time champion of the “Daxia Cup.” When did you begin to take part in such scientific programs?

W: I first learned about it when I was a freshman, but I took part in it when I was a junior student. I was invited by one of my classmates who encouraged me to participate in more competitive programs related to this field. I learned a lot during the course of this project, such as how to find a research question, designing questionnaires, and so on.

E: How did you find innovative ideas?

W: I got most of the innovative ideas from two sources. One is that I often communicate with my research advisor. So I treasure the chance to have communication with him as much as possible. And his knowledge of scientific research has pushed forward my ability to break through my weakest points. I also follow Wechat writings, such as “China Public Administration,” “Logical Thought” and “The Paper.” This kind of news inspired me when I had difficulties coming up with fresh ideas.



E: What’s your attitude to scientific research and scientific innovation?

W: I am still attached to them at present. Through them I dealt with many groups of people I had never met before. For example, I once took part in a research project about people who lost their children by accident—biologically incapable to give birth to a new baby—they had lost so much hope in their lives. I then realized how life had been dramatically affected on account of their condition. It was a very valuable experience because it led me to a more in-depth understanding of social issues.

E: As a team leader, how did you deal with different opinions among team members?

W: In fact, the differences among team members were beneficial to the overall project. Upon organizing the team, I chose the people who have different ideas to join my team so that inspiration would be generated during the planning process. Then we can discuss our ideas together and decide which is the most suitable for the project.

E: Does the experience of joining the projects of scientific innovation have any effects on your attitude towards studies or your personal life?

W: As to me, the effect on life accounts more. On the one hand, my ability of expression improved a lot during the process of interviews. On the other hand, I gradually learned to think about some social phenomena consciously and logically on the base of my subject background.



E: Do you have any suggestions to the students who are interested in scientific projects?

W: First of all, they should choose a good subject. I suggest they can consult their teachers. It seems that some subjects are easy to tackle in the beginning since there are many essays for reference on the Internet; however, these subjects don't have much academic value—consulting with teachers can alleviate the problem. It is wise to find the link between their own major and other cross-disciplinary² subjects. It can bring them more inspiration. Secondly, the team should have a good division of work which can bring out the best in the members who are good at different fields. Finally, the team will not achieve great success without different members who are good at writing, data analysis, and defending opinions. These skills are what matter the most.

E: Do you have any advice to the students faced with some problems in their project?

W: During the final phases of any project, the inevitable lack of spirit may come across as a danger point, in which a lack of enthusiasm can deter³ a group from completing the necessary work. And the executive force cannot be guaranteed without good relationship between the team members. At that time, the leader must step forward and navigate the group's overall direction. For example, he or she can organize a dinner party to improve the relationship between the members and thus strengthen the cohesion⁴ of the team.

Student Work

E: You have been participating in much of the student work, showing a strong ability of administration. We would like to know whether your major gives you help to some extent, and how has it evolved?

W: My major is to learn how I can manage

myself and manage others. I have learned so much theoretical knowledge through studying social psychology, science of human resources, management and so on. But it's not enough. I should do more practice. Moreover, our teachers emphasize the ability to develop our crucial assets. Thus when they assigned many reports in class, illustrating ideas more concise as well as the ability of communication and coordination was one of the main targets.

E: In the course of organizing so many activities, how do you play the role of intermediary⁵ so well?

W: Well, if I want to invite a female entrepreneur, the first thing I need to do is write a list of candidates and filter it into the program. Then we have three or four choices, so I may ask my schoolmates and teachers for help to contact them. In the name of our school, a formal invitation will be delivered. These things are trivial and not so difficult, but they are quite time-consuming. So I must coordinate my own schedule. I would plan the next day's activities in advance and record all of them in the memo in my phone. If there is another new affair, I will add it into the memo immediately. And then I would use my fragmented time to deal with them. Everyone can do such things. What matters most is your attitude—or in other words, how you manage yourself.

E: We know that you work as a college counselor. What do you feel about being a student and counselor at the same time?

W: The first point is I have to learn lots of things simultaneously. For example, at the beginning of the semester, I must be responsible for the affairs about the new student loan and the green channel. So I have to read more information about it to improve my overall knowledge of it within a short time frame. The other point is I should change my way of communication under different



circumstances since I have to deal with different people on the campus. Some teachers are busy. So when I report to them I would attach my advice, which takes less time. Others are more easy going, i.e., my college counselor Yang Yaxing. We are more like friends and we talk about almost everything. I would certainly turn to her when I am under great pressure. She has taught me how to adjust my own mental attitude and how to communicate in a more positive, effective way.

E: As a postgraduate counselor, how do you avoid conflict between you and the students?

W: I must deal with student affairs in a very precise way. I have to be clear-minded in separating public from private interests. For example, when we elect the activist of party application, I must objectively decide who are qualified instead of making a decision based on my own personal judgements. Secondly, I enjoy the art of communicating with others, and that's why I prefer face-to-face communication, because chatting on WeChat cannot ensure that the information has left a deep impression on them.



Hobby

E: *The cat's out of the bag⁶ that you are also a great dancer! How does dancing help you in your work?*

W: Dance has exerted a tremendous influence on me. I have made a lot of friends through dance who cherish the same ideals and follow the same path with me. We underwent rigorous professional training twice a week, therefore I have forged a friendship with my teammates and expanded my social network. These friends have offered me a lot of help in my study; for instance, in the process of writing my undergraduate graduation thesis, a friend helped me to get in touch with a teacher from her college, which was extremely helpful to me. These friends have also helped me a lot in my life, and chatting with them is a healthy way to relieve stress. Because the dance team exerts a great training intensity on us, my physical quality has also significantly improved. In addition, we also occasionally invite teachers from Shanghai Theater Academy to guide us on how to improve our professional standards. Moreover, the dance team also offers a lot of opportunities to perform across the country and even around the world. I'm very grateful for having the dance team.

E: *You won the "Outstanding Student Scholarship of East China Normal University" and have been recommended for admission to be a postgraduate with the highest score in both average and overall grade. You not only have achievements in scientific research with active participation in students' work, but also maintained such good grades through it all. How did you balance everything?*

W: My four-year college life has been on a fast-track. I set high standards and strict requirements for myself. When I was an undergraduate, I had a lot of courses to finish, so it was important to make full use of the fragmentary time. I usually did homework during the break of dance training. I used every possible minute to study. And I believe an ideal score is attainable under the majority of life circumstances (as long as you are well prepared for the final exam). When I am a graduate student, various tasks were waiting for me after class, so I divided each week into a couple of periods, setting aside a certain period to focus on the task at hand and leaving the rest of time to write my paper.

E: *On behalf of ECNU, you have participated in cultural exchanges activities both at home and abroad. So which activity is the most impressive for you?*

W: I appreciate these opportunities provided by the dance team, and the first and the last activities both left a deep impression on me. The first time I participated in cultural exchange activity was in Basel, Switzerland, where I took part in the dedication ceremony of the Confucius Institute. It was my first time to go abroad. I was loaded with excitement. My companions and I made concerted efforts to carry out the tasks of the event, and in the meantime we met many people from all over the world. At backstage we met with a group of German and French students who were so kind.



1. *The Paper*: 《澎湃新闻》
2. cross-disciplinary: 跨学科的
3. deter: v. 阻碍
4. cohesion: n. 凝聚力
5. intermediary: n. 中间人
6. The cat's out of the bag: 秘密被泄露了

(审稿 / 郭忠义)

Photographing, the Lifetime Hobby of Mine

文 / 李赫明 钱静怡
美编 / 谢瑶姬

Zhong Wangyang, a junior from the Department of Physics, has a special flair and vision in photographing. His main focus in photograph is the creation of large-scale panoramic images. When you look at his pictures, it may seem that you see not just a snapshot of the camera, but the real world, fresh, lively and beautiful.



ECNU Circle: How did you get in touch with photography in the first place?

Zhong Wangyang: Photography has been my father's long-time hobby. Since I was very young I had plenty of opportunities to experience that joy for myself. I basically followed him around wherever he went, including one time we set out to take in the most beautiful sunrise at 3 a.m. Experiences like this not only fueled the love between my father and I, but also cultivated my aesthetic tastes. So as time went on I decided to take up this family tradition.

E: As we all know, equipment for taking photos requires quite a lot of financial support. As a student, how did you fulfill the need?

Z: Before I enrolled into the university, my role was to be my father's assistant. That meant not having much direct contact with the camera. Everything changed when I got admitted at ECNU because I was permitted to take my own photographs. The equipment I have is mostly from my father's used storage, while sometimes I would also add some of my 'lucky money' into polishing my own collection of cameras. Although the prices can be high, for good quality equipment, it is much more durable so that it can be used more often in the future. That's why the trade-in exchange¹ is commonly used in our shooting circle. We often give away our own lens and sometimes, with some additional money, we seek others' used lenses in return. It is definitely a win-win for all of us.

E: Some people argue professional cameras will be replaced by cellphones because of its rapid development. What's your opinion?

Z: Personally, according to my own knowledge about photography used in cellphones, pictures taken by cellphones cannot be compared with those taken by SLR cameras². The reason is that the current technology in phones cannot support the change of aperture³ which explains technically why the subjects can be emphasized in a picture. About today's cellphone, the appearance of DOF⁴ is produced by 2 or 3 lens focusing on different objects according to their various distance away from the camera and then overlay⁵. However, the margin between the main subject and the background can be distorted, making the pictures look unnatural. SLR cameras, on the other hand, have lens that cover a great range of Aperture and focal length⁶. I do think that mirrorless cameras⁷ can one day become an option for photographers. Compared with traditional SLR cameras, a mirrorless camera is modified by using an electronic shutter instead of the reflector in SLR, which allows mirrorless cameras to lose half the weight of a SLR camera, which makes it much easier to carry around from place-to-place.

E: What kind of impact has photography had on your own life?

Z: I think that when I finally turned into a photographer in the university, it gradually occurred to me that I had found something special. Contrary to the photo album that I had on my cellphone during high school, my current photo collection is rather selective. Maybe that is because I only click the shutter⁸ when something really valuable occurs. I try to seize every worthwhile moment with my camera, capturing the most beautiful picture from my own particular perspective.

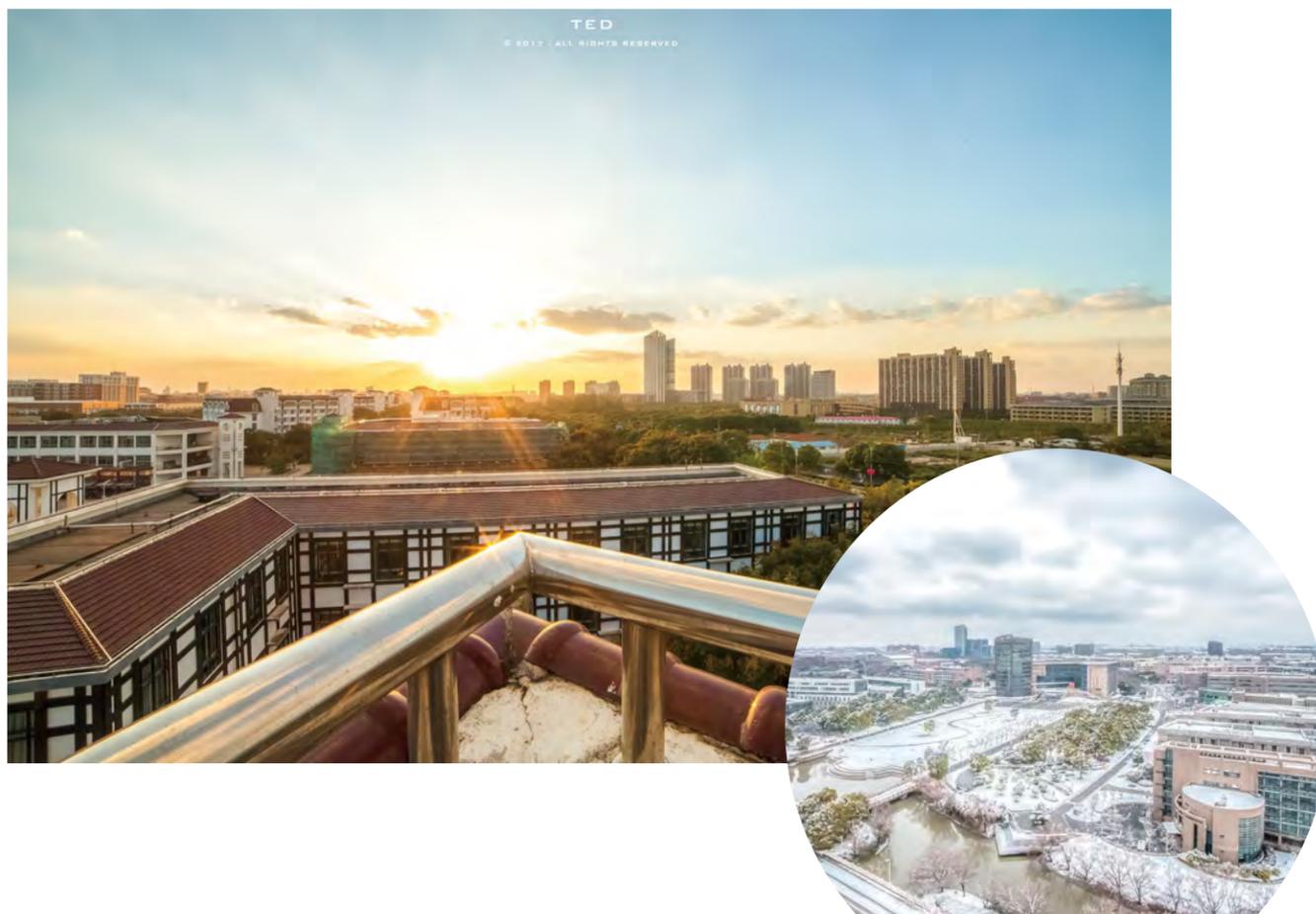


E: It is said that passion draws people together. You must have made many friends while pursuing the photos that you love. Tell us something about this amazing team, with whom you have been shooting on skyscrapers all over Shanghai.

Z: Initially, I heard of this team because one of the folks from my hometown posted pictures of him climbing the high rise. Being a aesthetics-driven photographer myself, I joined this team and began ‘climb buildings’ with them. The buildings that we chose to climb are often the ones that are under construction, so negotiating with the workers is an inevitable process. Although sometimes we have to endure some troubles such as buying the workers cigarettes, being required to wear safety helmets, and even climbing over 30 floors with heavy equipment, the photographs always turned out to be worth the trials and tribulations.

E: Many photos of school landscapes you have taken are of great aesthetic value (such as the photos of four seasons in ECNU). How do you come up with these ideas?

Z: I am honored to be given the opportunity to take official pictures for the school. During my spare time, I am used to holding the camera and shooting on campus. Sometimes I upload my works on Weibo, then @ECNU official account. In October 2017, a teacher who was responsible for the official account contacted me, asked me to provide pictures for them, and suggested me some spots where I can take good pictures of the campus. Gradually I joined the team. I was lucky to take pictures at the top of the administrative building, which allowed me to record the beautiful changing seasons of the ECNU campus.



E: What kind of advice do you have for beginner photographers? What kind of preparation do you think is necessary to take satisfying photos?

Z: I do not suggest beginners to start with very expensive and professional cameras. Its more important for them to understand the correlations between parameters, and master photographic techniques, such as framing and zooming. Secondly, for starters, learning photography is a process of imitation. When we go to a place, we can first search other people's works in APPs, like Visual China and Tuchong, to analyze and imitate their composition of pictures. At the beginning, your works may be monotonous, but gradually you will get ideas of your own.

E: Could you share one of your most unforgettable experience with photography?

Z: I think what makes photography gorgeous is the uncertainty that each scene brings you. For example, in August 2017, I took a 10-day trip to Qinghai Lake with my family and friends. Our original plan was to shoot the arch bridge of Linhe, but the rain forced us to change our plans. Then during the two days we stayed by Qinghai Lake, we failed to drive on the lake beach, shoot the arch bridge, nor see the sunrise of the Qinghai Lake. But one day a miraculous thing happened. After walking two or three kilometers, a huge rainbow appeared in the sky. We were so excited to raise the camera and record the beautiful scenery above us. Qinghai Lake is always there, but seeing a rainbow there is extremely rare. This is how I would explain the uncertainty of photography that continues to fascinate me all the time.

E: You are about to graduate and face certain changes in life. How would you deal with the relationship with these changes and photography?

Z: There is no doubt that photography will still play an important role in my life. I believe hobbies should be pure. Recording beauty is enjoyable for me. I don't agree with those who show off their pictures in moments. In this way, photography may have lost the meaning of being a ‘hobby’ to them.

(审稿 / 余睿)



1. trade-in exchange: 折价交换
2. SLR cameras: Single lens reflector, SLR 单反相机
3. aperture: n. 光圈
4. DOF: Depth of field, 景深
5. overlay: vi. 重叠放置, 覆盖
6. focal length: n. 焦距
7. mirrorless camera: 无反相机
8. click the shutter: 按下快门



SWIM TO THE BEST OF YOUR ABILITY.

文 / 李赫明 邢伟林
美编 / 孙雪艳

There are a bunch of youngsters in this campus who are currently training and competing in the arena like an athlete, while at the same time managing their studies to perfection. We are talking about the swimming team in ECNU. Having achieved first place in the most recent competition held in November, 2017, the stories behind the glory of the swimming team is now coming into sight for all ECNUers. And here is what we have learned after interviewing the four incredible athletes of the swimming team—Lai Tinghe, 2017 class, from Asia-Europe Business School; Zhou Zheng, 2016 class, from the Communication Department; Wang Shuaiwen, 2015 class, from the Art Department; and Huang Hong, 2014 class, from the Chinese Department in ECNU.



ECNU Circle: How did you start swimming from the very beginning?

Lai Tinghe: When I was in third grade, a coach from a swimming school came to my primary school to recruit potential athletes. And he said I have a gift for swimming and handed me a brochure, which I showed my mother later when I got home. Then this journey started as she signed me up for an amateur training program.

Zhou Zheng: I got to learn about swimming in kindergarten, but I didn't start it officially until I was in third grade. Initially, I was drawn only by interest, later swimming transformed into an inseparable habit for me. Looking back on it, I feel like swimming is already part of me that I cannot live without.

Huang Hong: When I was a kid, I was quite vulnerable¹ to illness. So I started to swim with the hope that it may help me become stronger physically. After the high school entrance examination, I stopped taking the classes and it is my perseverance that got me this far.

E: How would you describe your feelings towards swimming?

Z: The feelings I have for swimming are like those who may have for a lover. Firstly, and most directly, swimming equipped me with an athletic body which is quite immune to illness. Secondly, it is a skill that has brought me honors, and since swimming requires no partners, which leaves me with much time to communicate with myself. That is definitely a great way to unburden my stress in study. That's why swimming to me is like a good friend, helping me sustain a good mood every day.

E: How did you get admitted into the swimming team of ECNU? And how do you feel as a member?

Z: I chose Mr. Qian Binxiang² as my PE teacher who taught a swimming course. And he was the one that recommended me to join the swimming team. Being a part of something I love definitely feels great. Even though sometimes the training left me exhausted with cramping calf muscles,³ the fulfillment of tackling difficulties and backing each other up sustained me through all the challenges. The instructors in the swimming team are also very supportive, which helps me overcome the difficulties I have in training.



Lai Tinghe



Zhou Zheng



Huang Hong

E: The instructor of the swimming team, Qian Binxiang, plays an important role in the team. What would you like to say to him?

Z: Instead of ‘Teacher Qian,’ we all call him ‘Brother Qian,’ for he actually views us as friends or brothers and sisters. I would like to say this to him: ‘Brother Qian, every time when you time me with a stopwatch and walk by the pool and provide me with strategic advice, I always felt greatly motivated. You are not only an outstanding coach, but also a mentor⁴ of the team, and a friend that I can turn to in times of need.’

E: As we all know, it is such a bottleneck⁵ for sportsmen’s mind and body when they are preparing for the sports events. So have you met any suffering from the stagnation caused by it? And how did you pull through in the end?

Z: Yes, I have. There were times I found that I could not make any progress no matter how hard I trained. Then I realized training was not enough. I should think more about it. So I focused more on the reason why I cannot make progress. After that, I improved my swimming stroke⁶ and enhanced the specific training skills on the basis of it. I definitely pulled through in the end.

E: How do you strike the balance between swimming and study?

Z: Firstly, I think swimming is not the opposite side of study. Swimming has become a part of my life. When I am tired, I will go swimming and relax myself. Swimming enables me to have a good mood as well as a healthy body, which I feel in necessary for my study.

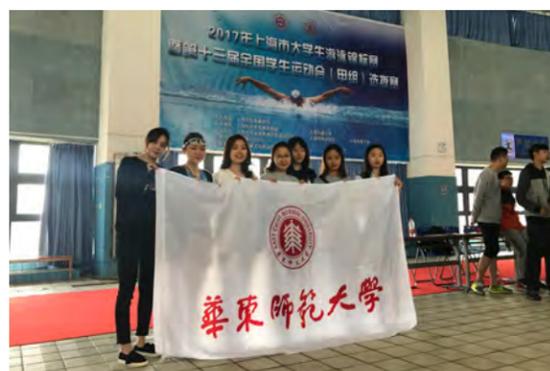
H: I joined in the swimming team in my junior year and I didn’t have many courses. Besides I took my training time into account when I selected my courses, so my schedule was not very tight. In my opinion, swimming should not affect normal study

life. One individual everyone should enjoy their spare time. For me, I spend it in swimming.

E: During the training, you must have solid feelings among the teammates due to the joint effort. Are there interesting things among you guys?

L: Someone always asked in our WeChat group, ‘Anyone wanna play the King of Glory with me?’

Z: Our coach, Mr. Qian and Miss Shen, are quite facetious. Once after the games, we were having a celebratory meal. We all shared our own secrets and laughed out loud. I think it is the funniest one. And another time we talked about other’s nonstandard swimming stokes. That was funny too.



E: Nowadays, our swimming team has made outstanding achievements. What do you think about the development of the team in the future?

L: I wish our team can rank high in the Shanghai Sports Meeting!

Z: The swimming team of ECNU is still growing. I hope our ECNUers, especially those having swimming skills ones, can join us and make some contributions to the swimming team. May our swimming team be like the relay,⁷ so it can sustain from one generation to another.

E: How will you apply what have you learned from swimming to your future life?

H: Swimming gave me a lot. It helped to improve my physical body and I became confident because of it. Previously, my body was weak, so my parents and teachers thought I was an effeminate girl, but swimming helped me to stay healthy. Now I will no longer doubt myself and I believe I am a hard-working person. But most importantly I made many friends and learned true team spirit from the swimming team.

E: Although swimming is for everyone, many people still don’t want to try swimming due to various reasons. What’s your opinion on it?

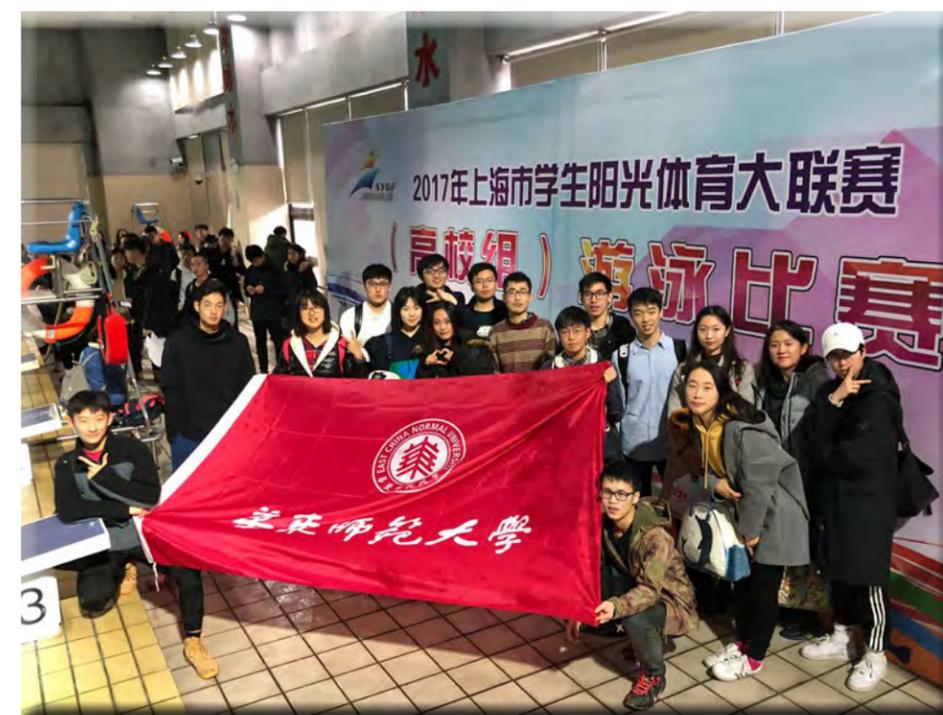
Z: Those people who don’t want to try swimming is because they think they cannot swim. In fact, people are born with the skill of swimming. As long as they can undergo a little training, they will become swimmers very quickly. Furthermore, swimming is recognized as a kind of sports that does little harm to human’s body. So I suggest people to be brave and try it out.

W: I hope people will give it a shot. Don’t be afraid of water. Come and join us, you’ll find that swimming can actually be a lot of fun!



Wang Shuaiwen

1. vulnerable: adj. 容易遭受的
2. Qian Binxiang: 钱斌翔, 华东师范大学阳光体育游泳队教练
3. have a cramp in my calf muscles: 小腿抽筋
4. mentor: n. 良师益友
5. bottleneck: n. 瓶颈期
6. swimming stroke: 泳姿
7. relay: n. 接力赛



The New Look of ECNU Campus

The Spring season is back with an amazing semester ahead. This year while wandering on ECNU campuses at Minhang and Zhongbei, you will see a hint of fresh life not only in the natural landscape but also in the emerging businesses and renovations of school buildings. Here is an insider's look at the new ECNU campuses.

The New Look: Zhongbei Campus

Renovated Public Space

Imagine that you resist the temptation of TV shows, computer games or sleeping-in. Finally you have set your mind to a project at which point you find yourself trapped in a noisy dorm. Staying focused is an impossible task. Disappointed, you walked out of the dorm and headed for a more study-friendly environment like the library. But for those on the Zhongbei campus, you are blessed with another option—the brand-new Public Space.

The Public Space was originally designed as a discussion room for students and teachers, although it was shut down in the second half of the 2017 semester and renovated as a self-study area. The new Public Space presents itself to ECNU students with a whole new look; through



the glass wall you can see all kinds of potted plants on the shelves, ground and tables. Just as Ulla Liu, a psychology sophomore, said, “The plants on the shelves are not only captivating¹ but also healthy for our mental processes. Whenever I feel strained from concentration, I turn to the beautiful green to relax my body and mind.”

At first glance, you will see the red sculpture of ECNU with a pure white color background. A sense of belonging naturally comes from the environment. As you look around, you will see simple but elegant pictures on the wall which give you a sense of peace and tranquility². As Ulla described, “These pictures carry an aesthetic atmosphere, thus transforming the usual tedious study environment into a cheerful art gallery.”

The layout is another standout feature of the brand-new Public Space. It is divided into two parts: self-study area and social area. Or you can call it “chair area” and “sofa area”. In the “chair area” students study quietly, either reading books or writing papers. While in the “sofa area”, students may have group discussions with each other. But they have to talk in a low voice or else students in the “chair area” will become very annoyed. So, students must be aware of the other people utilizing the Public Space.

Is the new Public Space well-received by the students? It is said that it is much more difficult to find an available seat in Public Space than in the library. The biggest attraction lies in its convenience since Public Space is located in the first floor of the Tianjiabing Building where most undergraduates take their classes in the daytime. As one of the psychology majors, Lian Jinjing, told an ECNU Circle reporter, “Public Space is not only close to my dormitory and classroom, but also to the school gate and the dining hall. It seems to be



文 / 朱睿臻 叶琳
美编 / 高焱

located in the hub³ of campus. I can go to anywhere within a short time.”

Another interesting thing about Public Space is its open/close hours—doors open around 7:30 a.m. and close around 10:00 p.m.. In contrast, the library is open from 8:00 a.m. to 9:45 p.m. The extra one-hour is important to many students, especially during finals week. As Jinjing explained, “In the final week of last semester, I was so busy that I barely had a decent meal. It was common for me to pick up a rice roll at FamilyMart which is close to Public Space.”

FamilyMart Enters ECNU

FamilyMart opened on Zhongbei campus last year to replace the Tea Bar in the Students' Center. The news about FamilyMart at ECNU spreaded on WeChat before it even officially opened up. According to our interview, students who consistently go to FamilyMart will spend around two hundred yuan in FamilyMart per week, accounting for a big part of their regular expenses. Although FamilyMart has only been open for a couple of months, it has already become a familiar landmark on Zhongbei Campus.

It has even become a more common place for students to have a quick meal. Just like Ulla said, “People called it ‘the Fourth Dining Hall’ of ECNU nowadays.” The ideal location of FamilyMart—between the dormitory and the main academic building—contributes to its popularity as a snack bar. Take breakfast for example, students who get up late don't need to rush to the canteen for breakfast or come to class on time with an empty stomach. They can pick up a snack on the way to the class and enjoy breakfast without worrying about being late.

There is a variety of food choices at breakfast time ranging from bread and steamed buns to milk, coffee and fresh soybean milk. FamilyMart also provides students with a public microwave so that students can always have a quick and hot meal whenever they are on-the-go⁴.

Students also come to FamilyMart to grab a snack in between meals such as cakes, chocolates, or any variety of sweets. And you can always get a good bargain if you buy set meals. For instance, a sandwich is 8 yuan, and a bottle of milk is 7 yuan if bought separately but only 12 yuan when bought as a set. Moreover, every time you make a purchase at FamilyMart, you can earn a bonus or customer credit which you can put towards for future purchases.

Apart from food, FamilyMart also sells daily commodities such as skin care products. Students don't need to bother to travel to the Tesco in Global Harbor anymore. As Ulla remarked, “FamilyMart is like combining the



canteen and supermarket into one store. The service there is super good too.” It seems that the opening of FamilyMart on Zhongbei campus is a blessing for students as it offers them more food choices and quicker food services at a reasonable price.

The Chef of ECNU

“The Chef of ECNU” is a convenient online service providing ECNU students with packed meals at peak-hours for eating. Its founders are students from the School of Computer Science and Software Engineering. They have applied for Daxia Entrepreneurship Fund⁵ with this online application service.

One of its founders, Felix Gao, said, “The Chef of ECNU” was founded in November of 2017. Although it has only been in operation for a couple of months, it has led to a surging rate of positive feedback. For example, from November 27th to December 26th, they accepted 906 orders with a total sale of 10,785 yuan with the rate of per capital consumption at 12.62 yuan.”

Surprisingly, in spite of all its success, the Chef of ECNU is actually a non-profit program. “The original intention of this program is to provide ECNUers with convenient online meal service,” said Felix. The price for a set meal is the same as the one you order on the spot. For example, you pay 10 yuan for a one meat and two vegetable combo⁶ and 13 yuan for an upgrade combo of two meat dishes and two vegetable dishes. And compared with take-out food on the Meituan or Dianping apps, students definitely save money by using “the Chef of ECNU”.

As for the ordering process, Felix explained that the official website of “the Chef of ECNU” will post its menu in advance through WeChat so that students can place an order the day before. You can simply pick whichever meal you ordered at the first floor of Hexi Canteen the next day. The ordering



process is flexible, simple and convenient just like using Meituan or Dianping applications.

There are several factors contributing to the success of “the Chef of ECNU”. Thanks to the service of “the Chef of ECNU”, students can save a lot of time by having their lunch at noon. No longer do they have to rush to the crowded canteen and queue up for a long time. Another priority is the safety of the food when it comes to food service. As Felix explained, “The Chef of ECNU” cooperates with Hexi Canteen. Customers feel assured that the food they ordered is both safe and healthy.”

The “Chef of ECNU” aims to offer ECNUers a convenient and healthy dining experience. Such a goal is partially reached with effort of its team members. They expect to make more progress next year. Felix shared with us the future plan for the on-campus APP. They want to get the support of ECNU Logistic Department⁷, and have their APP officially advertised. Meanwhile, they will increase the variety of dishes, and offer more discounts. Last but not least, they are eager to introduce their program to Minhang campus, making “the Chef of ECNU” a blessing for ECNUers there too.

*The New Look: Minhang Campus***Newly Equipped Minhang Library**

The Minhang library is now equipped with bicycling stations⁸, which aims to give students more chances to work out as students can sit on and pedal them while reading books at the same time, thus combining study with exercise. Zhang Qiang, a teaching assistant from Music Department, commented, “I’d like to give a favorable compliment to the bicycling station as it allows me to exercise my body and mind simultaneously. I don’t need to set aside any extra time for a workout.” These bicycling stations undoubtedly satisfy the needs of both teachers and students who have the habit of multi-tasking.

There is also a new reception desk since the old reception desk had several problems. In the past it was hard to find the reception desk due to its poor location. By contrast, the new reception desk is easy to find as it is located at the opposite side of the entrance to the library. You won’t miss it. As for the service, now whenever you want to return the overdue books or fetch the ordered books, you can always have immediate service. Zhou Shengyang, a sophomore from Law Department, said, “To my delight, the new reception desk has been greatly improved in terms of service and layout. Moreover, I noticed the newly potted plants on the reception desk which gave me a cheerful look.”

Enhanced Campus Security

ECNU Minhang Campus used to be nicknamed “Min Da Huang”, or “Wilderness at Minhang”. It was obvious that students complained about the remote location of Minhang Campus. But now it is another story because Minhang campus has become more like a bustling “downtown” area. For example, during peak lunch hour, the crossroad in front of the 2nd academic building is swamped with students, making you feel as if you

were in the downtown area. The main road is filled with cyclists, pedestrians, school buses and private cars.

It’s likely you might run into a car if you ignore the traffic rules or chat with mobile phone while walking. Aware of the possible risks in terms of traffic security, ECNU deployed several traffic safeguards during the rush hour to help maintain traffic. Yang Hongxi, a sophomore from Physics Department, shared her story with us. She said, “I’d like to show my gratitude to those crossroad safeguards as they saved me from a possible traffic accident.”

In addition to the traffic safeguards, the school also upgraded the property security in the canteens. Gu Yiqiu, a junior from Exhibition Economy and Management Department, said, “More safeguards in the canteens help lower the risk of thefts or shoplifting⁹.” Traffic security and property security are of vital importance to us and are greatly enhanced with the increasing staffing of safeguards on campus.

Expecting Upgraded School Bus System

To fill the growing demand of daily commuting, the current school bus system was in dire need of improvements. It is said that the school will soon establish a new online school bus inquiry system. It will inform students of the exact departure time and the seats available in advance so that they can make a precise plan for their leave. That is to say, students won’t rush to the bus stop only to find the school bus is full and have to wait for the next bus that comes hours later.

Meanwhile, it will also help relieve the burden of the heavy workload for bus drivers. As one bus driver told us, “Sometimes we have to run extra buses during peak hours which means we work extra hours without extra pay. And the extra workload cut back on the rest time of the drivers and may cause the hidden risk of road accidents.”

Hopefully, with precise online information about the school bus, better arrangements for the school bus operation can go into effect. Knowing how many people will take the school bus at a particular time, the arrangement can be more accurate, the distribution of resources can be more reasonable, and everything becomes a little more efficient than before.



1. captivating: adj. 迷人的
2. tranquility: n. 宁静
3. hub: n. 中心
4. on the go: 忙个不停
5. Daxia Entrepreneurship Fund: 大夏创业基金
6. combo: n. 套餐
7. Logistic Department: 后勤处
8. Bicycling station: 骑步机
9. shoplifting: n. 盗窃

(审稿 / 王志宏)



Keep Challenging Keep Growing

文 / 曾傲唯 杨鸿玺
美编 / 高焱

“Because of love, we challenge. Because of challenge, we grow. Because of growth, we sparkle.”

“Challenge Cup” stands for the “Challenge Cup—the Series of Scientific and Academic Competitions for University Students”, or in other words the “Olympic Games” in which students display their own scientific innovations and entrepreneurship¹. It is also one of the hottest national competitions among Chinese college students all around the country. In the preceding² year students of ECNU won several awards in the “15th Challenge Cup—the Competition of Extracurricular³ Academic and Scientific Works of University Students in Shanghai” including one Grand Prize, five First Prizes, two Second Prizes, and three Third Prizes. ECNU also achieved the Prize of Excellence⁴ at this year’s competition, sharing the honors with Jiaotong University and Shanghai University. In order to present readers with some of the highlights from the competition, *ECNU Circle* conducted a special interview with the ECNU students who were contestants in the event.

Third Prize : Femtosecond Laser Micro-machining⁵

Team Members: Wang Shaojun (Undergraduate of 2014, Physics), Meng Yanan (Undergraduate of 2014, Physics), Liu Yuhao (Undergraduate of 2014, Physics)

ECNU CIRCLE: *Could you give us a brief introduction about “Challenge Cup”?*

Third Prize Winner: “Challenge Cup” requires its contestants to prepare and submit their projects a year in advance. The project can be a completed one or a brand new one. Our team began to set up a project two years ago in the month of October, and the final year preparing for the competition last June. Fortunately, we won the first prize at the local competition, so we spent another five months preparing for the national competition that was held last November.

The competition is divided into two segments: panel defense and public display. At the final session, each team is assigned to their own booth that is around four square meters. And the panel defense officially begins. The judges evaluate the project by asking the contestants a series of questions. The performance, display, and defense reveal the score of their project.

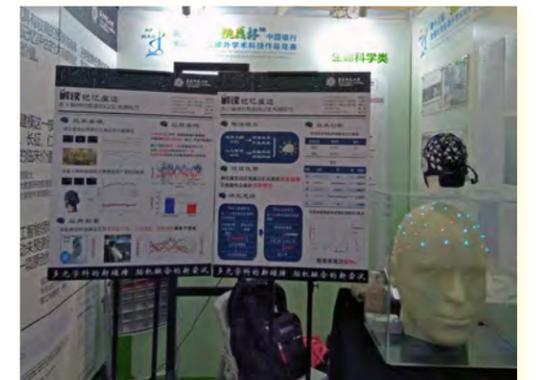
I honestly thought the layout of our booth was the most special among the others in the science group. The ECNU Youth League Committee helped us a lot in arranging the booth, buying several props for us and helping us decorate it. For example, we had posters put on every wall of our booth to show the visitors what our project was all about. As a result, we won the approval of the judges not only because of our advanced theory but due to the high level of precision that was evident within our project.

E: *How did your team prepare for such a nationally recognized competition?*

T: Under the leadership of our advisor, Cheng Ya, we explored the possibilities to apply innovative techniques to existing technologies. We eventually focused our attention on the field of femtosecond laser micro-machining. After a series of discussion with professors and researchers in



▲ First Prize: Invisible Internet Security Guard



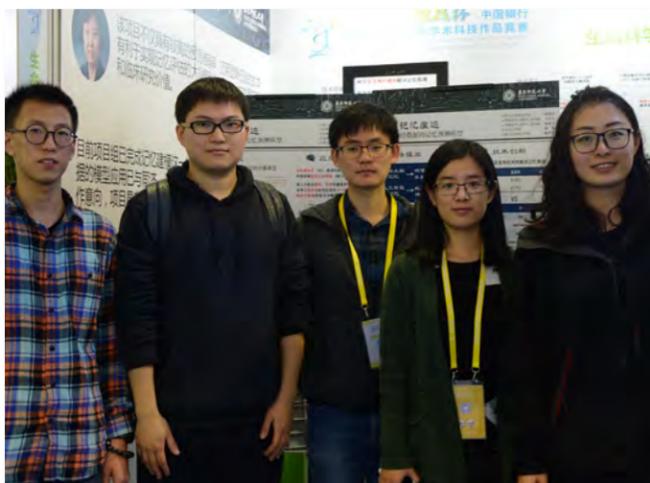
▲ Second Prize: The Interpretation of Memory Trace



▲ Third Prize : Femtosecond Laser Micro-machining



▲ First Prize Winners



▲ Second Prize Winners



▲ Third Prize Winners

our department, we began to build up a solid theoretical base. Next it was time to put it to use. So we conducted our experiment in the Institute of Optics and Fine Mechanics⁶.

Although there were many failed attempts, we succeeded in building up the product after changing the data and debugging the light path in the end. The whole project was basically completed when we had our finished product. The rest of the time was devoted to market the product so that it would have a better chance to attract the judges' attention when it comes to application.

E: Looking back on the competition, do you have any regrets?

T: I would say that as the first prize winner in the Shanghai region, I was disappointed that we only won the third prize in the national competition. The most obvious reason was the lack of time we had for preparation. We only had one year to prepare for the project while our counterparts had engaged with their project for three years or even longer. In addition, although we got a patent for our invention, we didn't have any academic papers published about the project. In contrast, our main competitors, Shanghai Jiaotong University, had already published 20 papers in academic journals by the time they were in the final round of competition. They were so ahead of us!

E: Do you have any suggestions for those future participants of "Challenge Cup"?

T: "Challenge Cup" can help you build a lot of essential skills, such as the ability to work effectively as a team. In our

team, each member was assigned a responsibility which matched his strength. A case in point is that if someone was good at locating valuable references then he would be responsible for information gathering.

Being hands-on⁷ is also very crucial to this project because we had to apply theory to practice, the ability to make simulation models, operate computers and construct models accurately was so important for us. "Challenge Cup" is not only a challenge to individual abilities, but also a challenge to teamwork. Although we might have arguments and contradictions during the process, we were very tolerant of each other's ideas and therefore we overcame many difficulties together.

In fact "Challenge Cup" can take a toll⁸ on one's time and energy. We had to sacrifice our own time for research, extracurricular activities, rest and even part-time jobs in order to prepare for this competition. Your experiment may fail many times and your theory may be rejected in the beginning, but the ultimate success and the joy of winning the prize cannot be underestimated. We learned from this experience that once we set our mind to realizing our idea, we should be firm in our resolution and strive to accomplish it at all costs.

Second Prize: The Interpretation of Memory Trace

Team Members: Han Sizhu (Graduate of 2015, Cognitive Neuroscience), Wang Maoquan (Graduate of 2015, Computer Science and Technology), Xie Yufei (Graduate of 2015, Computer Science and Technology), MeiMei (Graduate of 2014, Graphic Design), Yao Feifan (Undergraduate of 2014, Psychology)

ECNU Circle: Could you share your experience of taking part in the "Challenge Cup" with us?

Second Prize Winner: Since it was my first time in the "Challenge Cup" I was so happy to

participate in it at the national level. I felt honored to have the opportunity to be part of this large-scale event. We have always called it the "Academic Olympic Games" of China.

Although I felt very excited in the beginning, the project was becoming more and more frustrating as the competition went on—anxiety was starting to kick in⁹. At the closing moments of the competition, the more I felt was enjoyment and thrill. Right away I started to think about all of the fun moments we shared working on the project together.

E: The team was faced with whether choosing data of Functional Magnetic Resonance Imaging¹⁰ (fMRI) or choosing data of electroencephalogram¹¹. So how did you make a decision on choosing the most appropriate model?

S: We were able to come up with one standard evaluation index—the index of accuracy in prediction—which we used to decide whether the model could be optimized for accurate results. We could thus determine the validity of our model according to the most feasible prediction: the more accurate the prediction is, the more likely our model could succeed, and thus the more dynamic the model can be.

E: It was said that you paid a visit to hospitals in Shanghai to collect data. Could you share some of the experiences when you visited those hospitals for the project?

S: Those hospitals used to cooperate with our laboratories before we visited them. Based on the communication with our mentor and doctors in the hospitals, we tended to think that if this project could be applied to the clinic it might have an important impact. So with the doctors' permission, we went to visit Shanghai Tongji Hospital and Changzheng Hospital to do research on patients with mild cognitive impairment¹² and to collect the corresponding data.

The initial contact with the hospitals was made

by our teachers. As for the data collecting process in hospitals, it was no different from that carried out in universities. In the first place, we asked experimental subjects—the patients to sign the terms of contract. Then we explained the experimental process to them and helped them operate the electroencephalograph (EEG) cap¹³ so that we could measure electrical activity inside the brain.

After this process we had Q & A session with each subject. Maybe the difference between patient subjects and non-patient subjects was that they sometimes did not totally understand our instructions. Thus we needed to explain the instruction repeatedly and help them practice it many times. Moreover, they could not use the mouse properly. We had to teach them how to make a quick response with a mouse.

E: Were there any disagreements or conflicts during the process? If so, could you share with us how you solved them?

S: We did have some conflicts during the preparation of the project. For example, we came up with different methods to name the model. As everyone approached the model from his or her own perspective, we ended up with a wonderful discussion involving many different interpretations of the model.

Finally, we chose a name for the model which could be easily understood and accepted by the public. Another case in point is that disagreements arose in the sequence of making a head model. In order to find a more efficient approach we made many trials to complete our model. Thanks to repeated trials and effective communication, we finally found an appropriate solution.

First Prize: Invisible Internet Security Guard

Team Members: Lin Shunhao (Graduate of 2016, Communication Engineering), Fu Yuqing (Graduate of 2016, Communication Engineering),

Zhang Ding (Graduate of 2015, Communication Engineering)

ECNU Circle: Could you briefly introduce the concept of “Transparent Security Gateway”?

First Prize Winner: “Transparent Security Gateway” is a systematic procedure based on a hardware application process. It can be seen simply as a highway policeman while the network data is like a car on the highway. “Transparent Security Gateway” can keep a track of the real-time data of the car and check the legitimacy of the data.

E: It is reported that the products of your project were brought to the market last year. Tell us more about the process of transferring technology from the laboratory to the market.

F: The circuit board designed in the laboratory is virtually just a piece of technology. Coming into the market means the real application of the technology. The so-called “technological innovation” in many universities probably doesn’t have any potential for real application in the market. If a technology aims to come into the market, it should meet some specific requirements.

The product must possess some practical value. If it does not have any potential to assist people with their needs, then it will not be market-friendly. More importantly, there is a difference between the method of manufacturing hundreds of products and that of producing thousands. So it is essential to figure out the quantitative value in pursuing the product. And last but not least, putting a product on the market goes hand in hand with upgrading products. We need to make corresponding changes, understand the requirements, and add new functions to it accordingly.

E: What benefits can the technology of “Invisible Network Security Guard” bring to our society?

F: The technology of “Invisible Network

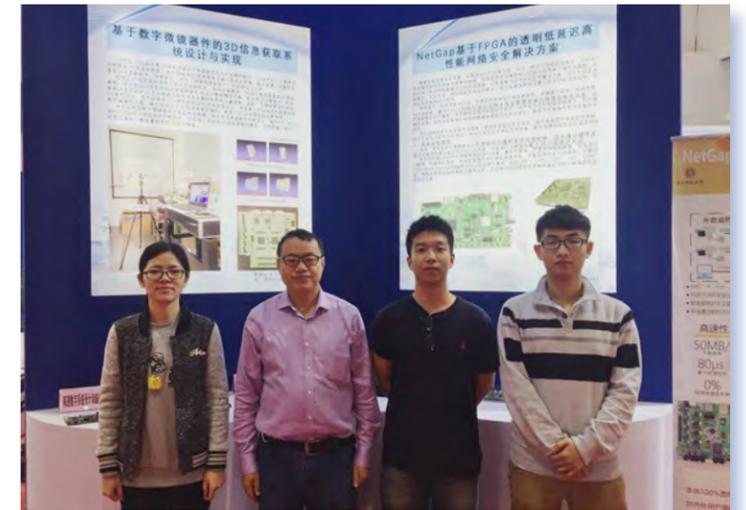
Security Guard” can be applied to families, enterprises and government institutions. Such technology can protect the intranet of families and companies from illegal viruses and hackers. It is instrumental to the security of the network as a whole.

E: What do you think contributes most to the success of your team in the “Challenge Cup”?

F: Everyone in our team worked very hard, and the team was very effective in executing the plan. During the process of preparing for “Challenge Cup”, we had to come up with many hardware designs and write many code programs. Only with strong executive capability can such an amount of work be accomplished. In addition, team members' awareness of cooperation and innovation also helped us to cultivate a good project.

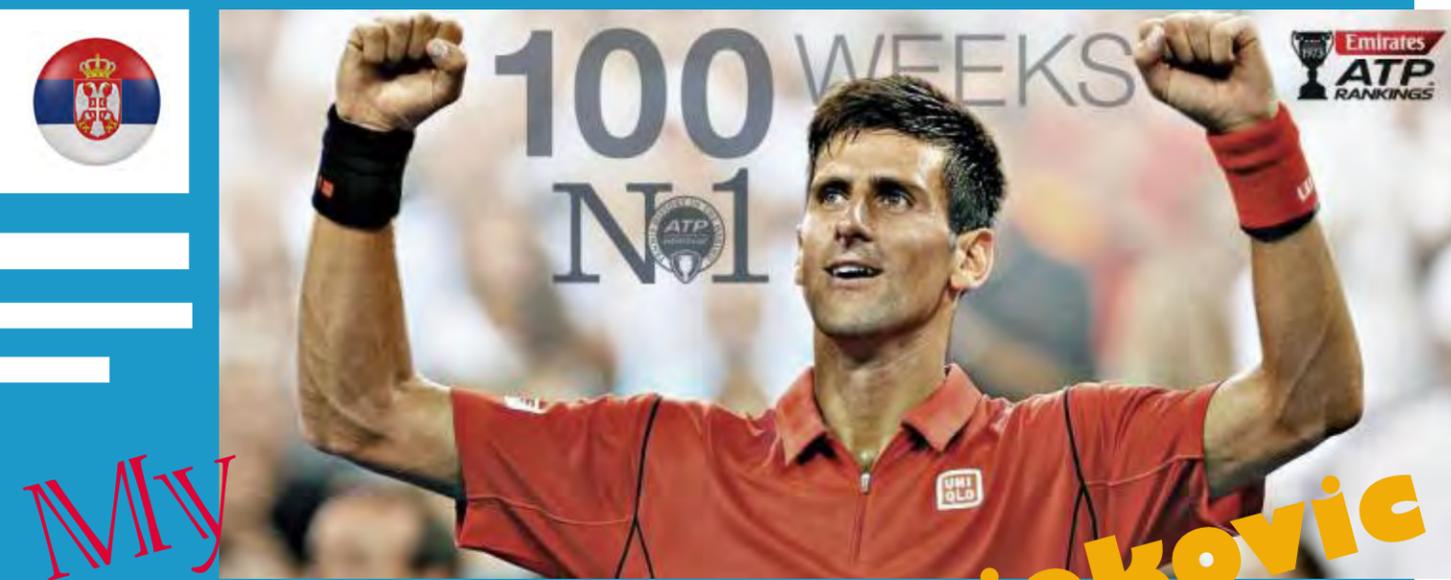
E: What do you think is indispensable for the successful development of this technology?

F: On the one hand, our hardware design required the input of both human resources and financial resources. On the other hand, technology developed in the university may lag behind as a result of the rapidly changing market demand. Therefore we had to constantly focus on the fluctuation of technical requirements set by the market. This also worked to our advantage as it allowed us to come up with new ideas generated by the market forces and technological resources at our disposal.



1. entrepreneurship: n. 企业家精神; 创业
2. preceding: adj. 在前的; 前述的
3. extracurricular: adj. 课外的; 业余的
4. Prize of Excellence: 优胜杯
5. Femtosecond Laser Micro-machining: 飞秒激光微加工
6. Institute of Optics and Fine Mechanics: 光机所
7. hands-on: adj. 亲身实践的; 亲自动手的
8. take a toll: 产生负面影响; 造成损失
9. kick in: 开始产生
10. Functional Magnetic Resonance Imaging: 机能性磁共振成像
11. electroencephalogram: n. 脑电图
12. mild cognitive impairment: 轻度认知障碍
13. electroencephalograph cap: 脑电帽

(审稿 / 王志宏)



My Hero **Novak Djokovic**

文 / 李金敏 (外语学院俄语系)
美编 / 谢瑶姬



I am a crazy fan of the Serbian tennis player Novak Djokovic, one of the greatest tennis players of all time. As a top tennis player now ranking No. 13 in men's singles tennis by the Association of Tennis Professionals, he has demonstrated many admirable characters that makes him a hero in my mind.

I admire Novak Djokovic first because of his talents and hard work on the way to excellence. When he was only six years old, Novak was spotted by Yugoslav tennis player Jelena Genčić who said he was the greatest talent she had seen since Monica Seles. Novak made such rapid progress



after six years of hard work that Jelena decided to send him to Germany for his future. Novak began his international career at the age of 14, winning European championships in singles, doubles, and team competition. In February 2018 Djokovic was placed as number 5 by Tennis.com in the list of 50 greatest players of the Open era.

I admire Novak Djokovic also because of his devotion to charity. In 2007, he established the Novak Djokovic Foundation whose mission is to help children from disadvantaged communities to grow up and develop in stimulating and safe environments. He was appointed a UNICEF Goodwill Ambassador in August 2015. At the same time, his foundation partnered with the World Bank to promote early childhood education in Serbia. After his historic 2016 Australian Open victory, Djokovic donated \$20,000 to Melbourne City Mission's early childhood education program to help disadvantaged children.

His intense love for his motherland is another reason for my admiration. As a small country in the central Balkans, Serbia had been involved in a series of wars including the defeat in the Kosovo War in 1999, which greatly hindered the development of its economy. In the April of 2006, when the nineteen-year-old Djokovic already ranked sixty-third in the world at the time, he was offered a lot of opportunities and money to play for the Great Britain. He confirmed about it three years later when he said emotionally, "I am Serbian, I am proud of being a Serbian, I didn't want to spoil that just because another country had better conditions. If I had played for Great Britain, of course I would have played exactly as I do for my country but deep inside, I would never have felt that I belonged."

Attain high goals through persistent hard work; bear in mind the children who are in need and lend them a helping hand; love and strive for the motherland despite its poverty and hardship. This is Novak Djokovic. To me, this is what being a hero is about.

(审稿 / 汪燕)



In My Dreams

BY STEVIE SMITH

In My Dreams

BY Stevie Smith

In my dreams I am always saying goodbye and riding away,
Whither and why I know not nor do I care.

And the parting is sweet and the parting over is sweeter,
And sweetest of all is the night and the rushing air.
In my dreams they are always waving their hands and saying goodbye,
And they give me the stirrup cup and I smile as I drink,

I am glad the journey is set,
I am glad I am going,
I am glad,
I am glad,
that my friends don't know what I think.

在我的梦里

作者 / [英国] 史蒂薇·史密斯

梦里，
我总是告别友人，
我总是快马扬鞭。
也不知道去往何方，
也不在意为何而去。

分别的时刻是美好的，
更美好的是离开。
美好莫过于黑夜呼啸而过的空气，
他们总是在梦里挥手向我告别。
他们赠我上马酒，
我微笑着一饮而尽。

我陶醉一段旅程的开始，
我陶醉正在扬鞭前行，
我如此陶醉，
如此陶醉，
朋友都无法洞悉我的心声。

Stevie Smith (20 September 1902 – 7 March 1971), was an English poet and novelist.

Smith's first volume of poetry, the self-illustrated *A Good Time Was Had By All*, was published in 1937 and established her as a poet. Soon her poems were found in periodicals. Her style was often very dark; her characters were perpetually saying "goodbye" to their friends or welcoming death. "Stevie Smith often uses the word 'peculiar' and it is the best word to describe her effects" (Hermione Lee). She was never sentimental, undercutting any pathetic effects with the ruthless honesty of her humour.



Stevie Smith

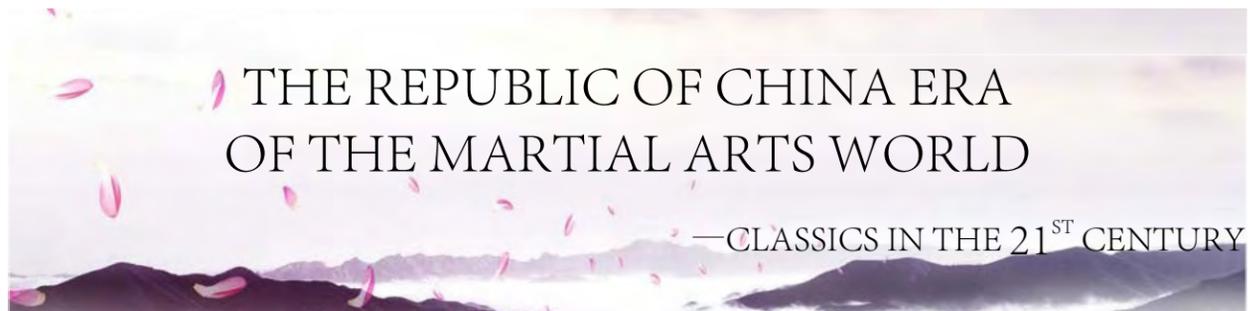
Though her poems were remarkably consistent in tone and quality throughout her life, their subject matter changed over time, with less of the outrageous wit of her youth and more reflection on suffering, faith and the end of life. Her best-known poem is "Not Waving but Drowning". She was awarded the Cholmondeley Award for Poets in 1966 and won the Queen's Gold Medal for poetry in 1969. She published nine volumes of poems in her lifetime.



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(美编 / 孙雪艳 审稿 / 余睿)



文 / 许昭辰 美编 / 舒紫云

In the 1990s, martial arts cinema in Hong Kong achieved unprecedented success in both box office sales and audience appeal. Martial arts fanatics immersed themselves in the romantic, imaginary world of martial arts—a simplified utopia created by the directors.

In the 21st century, there was a renewed interest in the authentic traditional Chinese martial arts as portrayed during the Republic of China¹ (ROC), an era between 1912 and 1949, following the end of the Qing Dynasty to the founding of the Republic of China.

Undoubtedly, ROC was a special period of the Chinese history with the change of social systems, the invasion and influence of foreign cultures, and the innumerable bouts of chaos derived from the changing circumstances, which had a profound impact on the development of martial arts in the Chinese society.

While China was commonly defined as weak, hopeless, and uncivilized by Western countries at the time, Chinese people wanted to revolutionize world thinking of China. This led to a boom in popularity of martial arts and an increased respect for those who carried out the profession while adhering to the traditional virtues: kindness, righteousness, propriety, wisdom and trustworthiness.

ECNU Circle presents to you the following two martial arts cinema classics—*The Grandmaster* and *The Final Master*—of the 21st century to show readers about the authentic stories of the ROC era martial arts.

MARTIAL ARTS CINEMA CLASSIC: THE GRANDMASTER (2013)

The Grandmaster, directed by Wong Kar-Wai, mainly followed the life of the leading character Ip Man² who was the grandmaster of Wing Chun, a notable form of martial arts. The movie not only demonstrated terrific martial arts skills, but also the noble spirit of these martial artists along with their struggles in an age of turmoil.

Ip Man

In the film, Ip Man was like an intellectual among the other martial artists. He was also proposed to fight with the senior master Gong Yutian whom he surprised with his mastery of Wing Chun. Ip Man regarded martial arts as a philosophy, and his pursuit of the martial arts transcended the limitations of nationalities.



During the Anti-Japanese war, in spite of all of Ip Man's family property being taken by the Japanese army, he refused to cooperate with the foreign invaders. His family struggled to survive throughout the film and his two daughters even died of starvation as a result of his persistence to defend his country.

Ip Man went to Hong Kong after WWII where he broke the longstanding tradition that a martial arts master could only pass down his genuine skills secretly to one or two apprentices; he opened a martial arts studio to spread the skills of the Wing Chun Kung Fu branch. Because of his great contributions to martial arts, Ip Man was eventually recognized as the grandmaster who bit the bullet in order to march further ahead, which has always been the golden rule in Chinese culture.



Gong Yutian

In his first appearance in the film, Master Gong Yutian had a powerful aura when he strode into the Gold Pavilion, leading a large team of followers. As a grandmaster from the north of China, he came to the south looking for a successor to his throne. The retirement ceremony in the martial arts world outlined that the retiring master must have a contest with his young, hopeful successor. Gong had never lost a contest before, and a failure in the final contest would ruin his honor as a grandmaster.

Ip Man was his challenger. In the ring, however, Gong claimed that the two martial artists matched in wit and skill and were combating for unity rather than division. He declared Ip Man the winner and returned to Northern China.

The outbreak of the Second Sino-Japanese War in 1937 led to more misfortunate events in the story. For example, Gong's favorite apprentice, Ma San, whom was nominated as the heir to his throne, betrayed Gong and turned into a traitor. Gong was challenged by Ma and got murdered in the combat.

Gong Er

Gong Er was the daughter of Gong Yutian. She learned superb martial arts from her father and became a famous martial artist. In the first stage of the movie, Gong Er followed her father to Foshan, Guangdong. At that time, she was invigorated³ with the desire to win in all martial art contests.

After Ip Man became the successor, she held a contest in the Gold Pavilion to challenge him. Gong Er won the fight for Ip Man's intentional concession. They fell in love with each other as a result of mutual admiration.

In the middle of the movie, Gong Er sought revenge after her father Gong Yutian was murdered by Ma San, even though her father wrote a note asking her to put down the hatred. She vowed before Buddha never to marry, have children or teach martial art. On New Year's Eve in 1940, she had a brutal fight with Ma San at the railway station and avenged the death of her father.

In the last part of the movie, Gong Er was stranded in Hong Kong, accompanied by her old servant, where she met Ip Man again. She confessed her love for Ip Man, but did not regret the decades of vicissitudes⁴ for the mission of revenge.

MARTIAL ARTS CINEMA CLASSIC: THE FINAL MASTER (2015)

The Final Master was directed by Xu Haofeng. As an expert in martial arts, he started to learn Kung Fu from childhood and is proficient in Eight Diagrams Palm. He is also a novelist who published several works about martial arts. This movie was adapted from one of his own novels.

The Final Master focused on the dynamics of master-apprentice relationship and told the story about the quest of the last Wing Chun master to pass down his art during pre-WWII China.

Chen Shi

Chen Shi aspired to make himself known in the martial arts world by revitalizing Wing Chun, so he opened his own martial arts school in Tianjin to embark on this mission. Chen got acquainted with the Grandmaster of the Tianjin Martial Art community, Zheng Shan'ao, who told him that according to the rules of their world, if he could cultivate an apprentice to defeat the eight schools in Tianjing, he as the master would gain permission to open a martial arts school.

In order to increase his own reputation, Zheng planned to beat the apprentice with the help of Chen. Chen and Zheng came up with an elaborate plan for Chen's contract marriage to a Tianjing woman Zhao Guohui and lived in a slum with her to avoid attention. Chen later had an apprentice Geng Liangchen who challenged him after being attracted by the beauty of Zhao, and pleaded to be his apprentice after defeat. While starting up treating both Zhao and Geng as nobody but tools for his grand plan, Chen gradually developed true affection towards both his wife and his apprentice.

Chen harvested victories in one year instead of three, as Geng turned out to be a prodigy⁵ in Wing Chun; but he got the notice that Zheng quit the fight with Geng after an injury by a former student Lin. Chen reached an agreement with Madame Zou to have his Wing Chun school for a year, while agreeing for Geng to be expelled from Tianjing, who died as a consequence of his stubbornness not to leave.

Chen won a battle against Madame Zou and other masters who cornered him in an alley, and decided to leave Tianjing with Zhao; however, because they missed each other at the train station, Chen ended up alone in the train looking into a blood-stained book of Geng.

*Geng Liangchen*

Geng Liangchen was the apprentice of Chen Shi who made his appearance as a loafer. He challenged Chen and decided to become his apprentice because of the beauty of Chen's wife Zhao. He changed into a righteous man in the process of learning martial arts, and regarded Chen and his wife as family. As a hardworking genius in martial arts, he beat seven martial artists in a year. He was reminded by Zhao to be wary of his own safety but dismissed it as an unnecessary concern. Geng was later attacked by Zou's thugs but beat them all.



Geng was challenged to a duel by Lin who stabbed him in a foul play, all under the witness and agreement of Zou and Chen. He died of severe blood-loss because of his refusal to leave Tianjing. Geng's idealistic pursuit of truth and his heroic death stirred the conscience of Chen, and even won the respect of Lin and Madame Zou.

Madame Zou

Madame Zou was a powerful figure of the Tianjing martial arts world, who had designs for taking control of the martial arts community after the death of her husband. In spite of how she presented herself as a master of martial arts, Madame Zou was not a good martial artist, but was good at maneuvering people around her to secure her status as the leader.

She emphasized traditional rules to ensure her domination of the martial arts world in Tianjing and had close ties with businessmen and politicians. They did not care about real martial arts but the face-saving project that brought them reputation and profit. They upheld the old tradition that a master could only pass the secret of the martial art to two students in their lifetime. Consequently, most martial artists at that time did not possess the raw power of the real Kung Fu spirit.

*Zheng Shan'ao*

Zheng Shan'ao was the top master in Tianjin martial arts world for thirty years. He wanted to make contributions to the martial arts world before retirement, so that real martial arts could be inherited, and the younger generation would not be bullied by the foreign powers with the Kung Fu they had learned.

To attain this goal, he contrived with Chen to sacrifice Geng, and he volunteered to become an apprentice of Chen in order to beat Geng and make his fame. What he did not anticipate was that he was defeated by his own apprentice Lin, who fouled in a public contest; it turned out to be a premeditated conspiracy aiming to warn him not to help Chen again. He finally accepted the gift of two houses from Lin and retired from the martial arts world. Realizing he could not change the world, even as a top master, he married a foreign beauty and left Tianjin.

The Grandmaster and *The Final Master* both tell stories of different martial artists in an age of turmoil during the Republic of China. Those highly skilled masters were all caught up in a mad whirlwind of suffering as they encountered a variety of trials and tribulations in their lives. Despite their superb skills in martial arts, and their lofty pursuits for the development of martial arts, they still faced the challenge to lose themselves in the lure of fame and personal interest. At the same time, the masters demonstrated astounding courage, wisdom and determination, and helped preserve the legacies of martial arts in hopes to pass it down for the generations to come. These types of martial arts cinema classics bring viewers more than a fantastic movie experience. It also helps us gain an understanding of such historical circumstances, as if going back in time through the prism of cinema.

1. the Republic of China: 民国时期(1912-1949)

2. Ip Man: 叶问

3. invigorate: 鼓舞

4. vicissitude: 变化兴衰

5. prodigy: n. 奇才, 天才

Wandering In Basel¹

采访对象 / 杨轶慧 文 / 顾依秋 美编 / 高焱

Basel is the third largest city in Switzerland followed by Zurich² and Geneva³ where A German major and ECNU student, Yang Yihui, has been studying in the University of Basel⁴ through the ECNU Scholarship Council⁵ program. She will take us on a tour along the Rhine⁶ and share with us her exciting experiences in Basel.

ECNU Circle: *Could you first introduce us the scholarship program that sponsored you to study abroad in Basel?*

Yang Yihui: I was granted a full ride scholarship by the ECNU Scholarship Council. It covered normal life costs abroad in addition to accommodations and a round trip travel ticket by plane. The amount of scholarship for each student may vary according to the living standards in different countries. For students who major in German language, the University of Basel is the only German language program offered by ECNU Scholarship Council. As for the English language programs, there are more available study abroad programs. That means any students who passed with a required TOELF or IELTS score and an average GPA (usually

3.5) can apply for such programs. Every year ECNU gives students the opportunity to join any diversified exchange programs and I think the number of the program will increase a lot in the future.

E: *What was your initial impression of Basel?*

Y: Last year I attended a summer language program at the University of Basel. It was my first time to go there. The first thing I noticed was that the city was so compact, with a tiny downtown area and sprawling suburbs. My typical lifestyle during the summer was

plain and simple--- attended class in the morning, joined in cultural events in the afternoon, and took a leisurely walk along the Rhine whenever I had time to do so.

Another remarkable thing to me was that I could always see the tallest building in Switzerland alongside the riverbank of the Rhine, where also lies the Roche headquarters. Although Basel is not in the same league as Shanghai in terms of its modernity, it is well maintained, clean and in good order. What impressed me most, however, is that every bus or tramcar⁷ station is equipped with a timetable and an electric timer so that it is much easier to know the arrival time of each bus.

E: *Could you tell us some of the key differences that you observed between the University of Basel and ECNU?*

Y: In general, learning is more self-motivated in the University of Basel as opposed to the way people learn in China. For instance, a German teacher's objective in the classroom is not just to convey knowledge but to facilitate learning. Many times the teachers will evaluate students through independent reading and discussion. Moreover, the classroom atmosphere is more relaxing. Active interaction between teachers and students is encouraged throughout the class. Each course comprises three separate sessions—discussion, lecture and review--- so you've got to prepare a lot before coming to a class, including review





and reflection afterwards. The review session is led by the teaching assistants who are responsible for helping students finish their assignments and answer all of their questions.

E: Have you met any difficulties while studying abroad?

Y: The language barrier was so challenging at first that I barely survived in catching up with my peers. I could only understand half of the lecture and needed to set aside a great amount of time after class. Luckily, now I have become used to the learning pace here that I completely caught up.

E: Generally speaking, what do you like the most about Switzerland?

Y: I like so many things such as the design of public facilities in Swiss cities. Take transportation for example, there are spaces specially reserved for wheelchair users. Each bus is equipped with a button that allows disabled passengers to request a stop at any time. The door opens automatically and the bus might tilt a little so that the wheelchair will roll down with no obstructions. Not to mention the tricycles and bicycles that fill the streets. Tricycles are popular for the mothers with two kids.

And since the cost of living in Switzerland is relatively high it can be tough to spend money on personal items you might want. But the Swiss are blessed with convenient flea markets, even online flea markets, where you can buy and sell a variety of used products, and sometimes you may even get something for free if it is labeled “Graits” (given without payment).

E: Tell us about your social life abroad. Did you hang out with other exchange students or more local Swiss students?

Y: Yeah. I took part in a bar-tour organized by the university’s students’ organization when I first arrived on campus. It was a fun ice-breaking activity which gave us an opportunity to get to know other exchange students. It was basically a tour of all the bars in Basel where we chatted idly while drinking and listening to music. By the end of the tour, we got to know each other very well and had a lot of fun. In fact there are always some fun events going on at campus such as wine tasting parties, hotpot parties and sushi parties. This relieved me of the loneliness that can occur while living abroad and it was a great way to connect with locals.

E: Could you use one word to describe the local culture in Basel?

Y: I would go with the word comprehensive. Since Basel is located at the border crossing of Switzerland, France and Germany, most local dwellers in Basel are multi-linguals who speak at least three languages. So you can easily get connected with them if you are active and outgoing. For example, one time we chatted with the shop assistant at a local phone store who told us that he sold a great amount of toys from China online. He earned a handsome profit from it. He also asked us a lot of questions about China and Chinese Culture. Interestingly, he is not the only one who showed great interest in China as we were often approached by locals with various questions about our native country. We were so happy to know they were interested in China. We were delighted to answer all of their questions.

E: Could you give some advice to those students who want to study abroad in the future?

Y: Firstly I suggest anyone going abroad to learn some basic life skills such as cooking to maintain a quality life abroad. Then it is important to find another academic interest apart from your major. For instance, I took a bunch of classes which were not related to my major at the University of Basel but were very relevant to my goals and meaningful to my study. Lastly, keep an open mind and make more friends while you are abroad. My roommate from Taiwan and I had so much to share about our experiences with locals and other exchange students at the university. She had several sleepovers at her facebook friends' houses during her travel, which she said to be an amazing experience for her. I am so glad I made it a point to meet new people and enjoy myself while studying abroad.



1. Basel n. 巴塞尔
2. Zurich n. 苏黎世
3. Geneva n. 日内瓦
4. University of Basel 巴塞尔大学
5. Scholarship Council 留学基金委
6. the Rhine 莱茵河
7. tramcar n. 电车

(审稿 / 王志宏)

INTERCULTURAL EXPERIENCE OF A PHD STUDENT IN THE UK

文 / 王资 美编 / 谢瑶姬

In this article, you will get to know my intercultural life as a PhD student at the University of Warwick. I will talk about my accommodation life, study life, work life and social life respectively. Hopefully, you will find my intercultural experience interesting and you will be more interculturally aware after reading.

Being a PhD student in Applied Linguistics, I have been asked numerous times, especially by my friends without a PhD, about the ups and downs of pursuing this level of higher education. It is funny that every time I am asked such questions, I can see the curious yet sympathetic look on their faces. I guess they are wondering why I want to torture myself with so much reading and writing, with so little fun for another four years. They might be right to some extent, but actually my life as a PhD student has been wonderful so far. I want to be clear that I enjoy reading and writing more than other activities I could engage with in my spare time. That is after all why I applied for a PhD program. Not to mention that studying in an entirely different country makes my study life more self-gratifying. I feel grateful that my current university—the University of Warwick¹—provides such a culturally diverse environment that spices up my life at the PhD level. Compared to the two exchange programs I participated in, in Newcastle upon Tyne and Reykjavik respectively, my current experience at Warwick is even more enjoyable, thought-provoking, and humbling since I am engaged with the university environment in the context of an intercultural background; I get to observe everything through a new, fresh lens of knowledge and life experience.



Living abroad in a flat

I am living in on-campus accommodation, in which I have my own room but am sharing the bathroom with one other person and the kitchen with seven other people. Before I moved in, I was worried that if the people I was going to live with were not nice, I would have a miserable year. It turns out they are all great people. In our flat, the balance of international students—consisting of four Chinese, three Indians and one Guatemalan²—was a harmonious one. It was true that we were different in terms of our own time schedules, habits, food preferences and customs, but we have handled our differences well. For instance, we as a flat agreed jokingly that it is good that we eat our dinner at different hours. Otherwise, the kitchen would be too crowded for a group of eight people. We also have a roommate who is a strict vegetarian—he cannot have any meat on his plate or near his food—but he is quite tolerant when it comes to other people's values in the flat. He respects our dietary preferences and in return we also show respect for his. As flatmates who meet regularly in the kitchen, we find it difficult not to share food with each other so we are more cautious when offering him some snacks and we always gladly take the food he offers. I found that more often than not most of the vegetarian food is really tasty!



Studying among cohort diversity

Studying for a PhD degree is totally different from my previous educational experience. It is mostly because PhD programs have different mechanisms³ for handling protocol but also partly because Warwick is such a full-fledged⁴ international university. Our first year PhD program was small. And we have local students as well as international students from Asia, Africa, Europe, the Middle East and South America, some of whom are in their twenties, thirties and forties. Most of the times, we work on our own, but when we get together for our weekly seminars, we bring our perspectives from our own cultures and experiences into our discussions. It has always been the case at the end of the seminars, our professors have to leave without covering even half of the content. The professors are quite happy with it, though, because we are encouraged to stop them when we have questions and we can thus learn more as





a result of the discussions. Our heated discussions even continue outside the seminars. We have our WhatsApp group in which we share useful references and videos and arrange our gatherings accordingly. Last term we went to a nice Lebanese⁵ restaurant in Coventry and had a very nice evening. I feel so lucky to have such a lovely and supportive group.

Working in a British office

What makes my life here in the UK a bit more exciting is that I got the opportunity to work in a British office. Working as a part-time marketing assistant in our department, I have experienced some aspects of the interesting office culture in Britain. One thing I was not used to is the small talks in the office every morning. When my colleagues arrive in the office, they ask each other how they are and talk about the weather for a while before getting down to work. At first, I considered this practice to be strange and also a waste of time, but now I have come to realize that the small talks in fact create

a lively working atmosphere for the office. The other interesting thing is the tea-making tradition. It happens several times a day that one of my colleagues picks up a tray and goes around the office asking if anyone wants a beverage. If people say yes, she takes their mugs, goes to the kitchen and makes coffee or tea for them. It seemed weird to me, because coffee/tea making is not part of the job. After I consulted a colleague who started four months earlier than me, I now know that it is a way to support your colleagues and cheer them up in the long day of working and am now getting used to it.

Socializing through sport clubs and societies

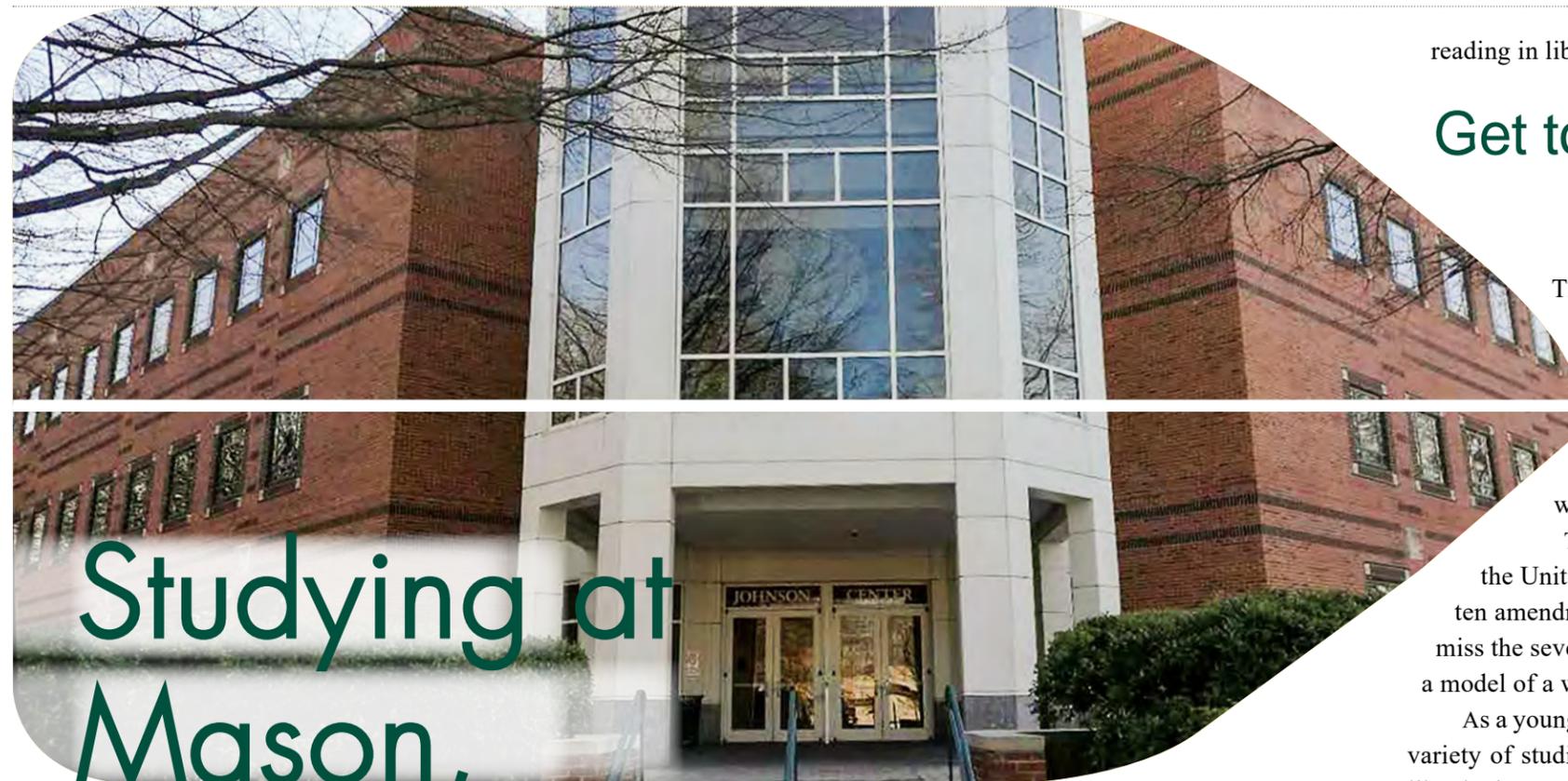
People normally have the following stereotypical image of us PhD students: we live a boring life and we sit in our offices or in the labs all day long without having fun. This is not true at all. We PhD students enjoy ourselves as much as other students do: we hang out with our friends, we have dinner parties, and we take occasional trips. Apart from that, I have also joined some sport clubs and societies, which goes along with the entertainment I mentioned previously. The social events on campus are open to everyone, although most of the participants are undergraduates. Two regular events I attend are table tennis sessions and language exchanges. In the former, club members take turns to play table tennis and have some nice little conversations in between. In the latter, language learners choose a language table and practice speaking the language with others. I have had great fun in these two activities because they provide me with platforms to talk to younger people from all departments. To be honest, I did feel weird in the first few events to be surrounded by mostly first-year undergraduates. Gradually, I have started to disregard the age difference and see them as my peers who have different educational experience but share a similar interest. The younger friends I have made in sports clubs and societies have brought a new kind of vitality into my life.



Studying for a PhD at Warwick is one of the best decisions I have made in my life. I have learned much, not only from the academic tutorials given by my supervisor, but also from the intercultural exchanges I've been experiencing. For one thing, Warwick serves as a platform for intercultural communication and understanding. For another, I myself am trying my best to make most of my stay here and not to be restricted by the obligations of my PhD work. This is what I would recommend for students going abroad for a degree or even just an exchange program. It might take some time and efforts to get out of your comfort zone, but once you have managed to do it, you will find a whole new world in front of you. If you encounter such problems in another country, you can go to a cultural mediator⁶ (who is well acquainted with both cultures) for help, just like what I did in the office. Most important of all, successful intercultural communication takes place when you show understanding and respect to people from different cultural, professional and educational backgrounds.

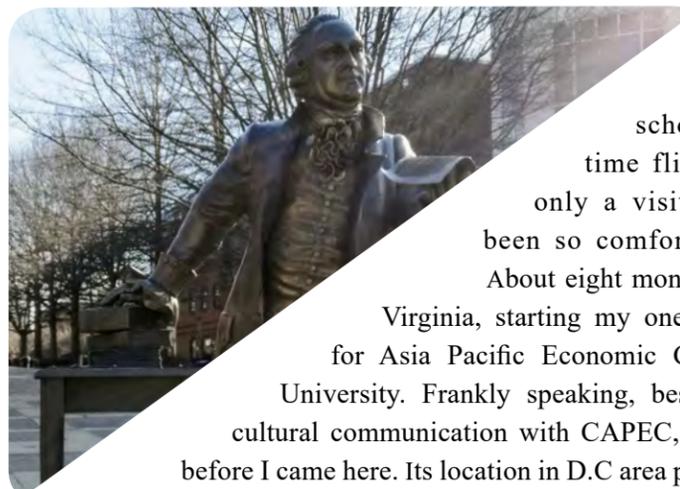
(审稿 / 余睿)

1. University of Warwick: n. 华威大学, 英国顶尖研究型大学
2. Guatemalan: n. 瓜地马拉人 (瓜地马拉 - 中美洲的一个国家)
3. mechanism: n. 机制
4. full-fledged: adj. 充分发展的
5. Lebanese: adj. 黎巴嫩的
6. mediator: n. 中介者



Studying at Mason, and Living in Fairfax

文 / 李征 美编 / 李梦稳



However, with the time I spent on campus, visiting classes, attending lectures and seminars and

reading in libraries, I gradually got to know and understand Mason and began to love it.

Get to Know Mason

Located in the Greater D.C area, as a young university founded only in 1957, George Mason University is the largest public research university in Virginia with four campuses. Though its fame may not compete with that of some universities in this area, like The Johns Hopkins University in Baltimore, the University of Virginia in Charlottesville, and Georgetown University in downtown D.C, its progress in the past decade is eye-catching and impressive, with two winners of the Nobel Memorial Prize in Economic Sciences and three Pulitzer Prize winners. The campus where I mainly study is the Fairfax campus, which is in the central part of Fairfax County, and is only 15 miles outside Washington D.C, which is easily accessible by public transportation.

The university was named after George Mason, one of the greatest of the founding fathers of the United States, who drafted the *Virginia Declaration of Rights*, which became a model for the first ten amendments to the U.S. Constitution, known as the *Bill of Rights*. Visitors to Fairfax campus won't miss the seven and half feet bronze statue of this great man outside Johnson's center. Beside Mr. Mason is a model of a writing table that is still in the study of Gunston Hall, Mason's Virginia estate.

As a young university with ambitious dreams, Mason now has ten schools and colleges devoted to a high variety of studies and majors, which together enroll around 34,000 students from over 130 countries. Just like the internationalized D.C area, Mason is proud of its diversified communities and holds diversity as its core value. Mason people believe that diversity help students understand the world, collaborate with people of differing views, and develop new perspectives. All these will contribute to their future success in the fast changing world.

The two places I like best at Mason are Johnson Center and Fenwick Library. Located in the center of Fairfax campus, Johnson Center is one of the "high" buildings on campus, which consists of four storeys. The building is a multi-purpose complex for both students and the staff. On the ground floor, there are different types of food served for most time of the day, from Asian noodles, Mexican tortilla to the most common American sandwiches. There is even a Starbucks coffee shop, where students often grab a coffee during lunch break or just hang out with friends. Next to Starbucks, there is even a cinema where both Mason students' film works and classic movies are showcased to the public for free. While more fast food services and dining areas can be found on the first floor, a bookshop and a small library provide good places for leisure after lunch or before class. A computer store is located in a corner of the lobby for computer use and printing work. The first floor is also a public place where different students clubs and societies can hold their activities and recruit new members. Therefore, this becomes the busiest part of Johnson Center, with a variety of club events from sports to academic and commercial activities, which cater to the needs of students from all over the world.



Compared to the noisy and busy ground and first floor, the second and third floors are designed and used for more academic functions. The space is divided into smaller offices for different programs, like the INTO Mason for international students, Graduate Admission office, and Mason Study Abroad. On the third floor, there is the student center, which is responsible for providing students with services concerning both life and study. There is also a developing center for teachers and faculty, who may use the conference rooms for meetings and seminars.

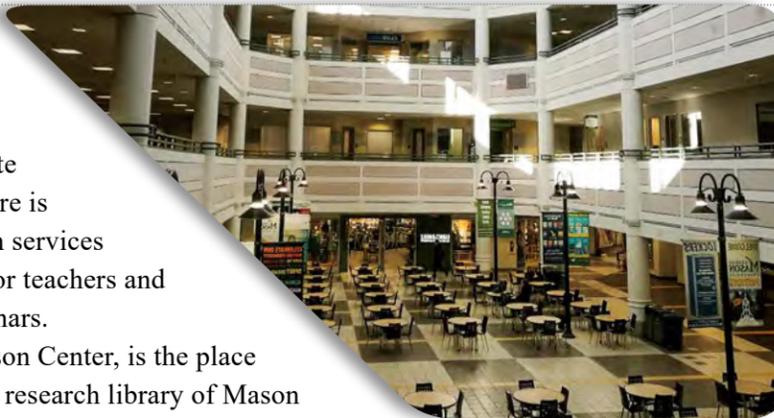
Fenwick Library, which is only two minutes' walk from Johnson Center, is the place where I spend most of my time on campus. The library is the main research library of Mason and houses the majority of the university libraries' 1.5 million volumes. Fenwick is more than a library; it is also a hub of research services, learning spaces, digital technology, and numerous resources for the Mason community. The facility, renovated and expanded in 2016, is filled with modular furniture that can accommodate individual study as well as group collaboration.

The lobby of Fenwick contains an extended-hours study lounge as well as an Argo Tea Cafe. In the atrium, there is the Information Desk, an express self-checkout station, a laptop dispenser, and the Fenwick Gallery space for showcasing student and faculty art. The Research Commons on the second floor is a space designed to bring together much of the research activities in the libraries in a collaborative and multi-disciplinary environment. In addition, the modern Main Reading Room with seventy-five seats provides a space for events and lecture series. Group study rooms throughout Fenwick are equipped with white boards and monitors, and a handful of MediaScape collaboration study rooms allow up to four students to share their laptop screens simultaneously. Also, two presentation practice rooms are designed to allow students a space to practice and revise oral presentations. The fifth floor contains a graduate study zone, including Graduate Study Carrels and the Dissertations Writers' Room, quiet spaces designed to give graduate students a place to pursue their research and writing. In addition, a faculty collaborative room provides a place for Mason faculty to work on projects. All these facilities are open for up to sixteen hours a day, from 8 a.m. to 12 a.m..

Get to like Fairfax

The County of Fairfax is bounded on the north and southeast by the Potomac River, and located in the northern part of Virginia. Fairfax County was formed in 1742 from the northern part of Prince William County and was named after Thomas Fairfax, 6th Lord Fairfax of Cameron (1693–1781), proprietor of the Northern Neck. Fairfax is derived from the Old English phrase for “blond hair”.

With nine magisterial districts and a population of 1.1 million, Fairfax is the biggest and most populated county in both Virginia and the Greater D.C Area. Being so close to downtown D.C, the political and cultural center of the States, Fairfax is the home to many federal and international organizations, as well as seven Fortune 500 companies. This makes the county one of the



wealthiest areas in the U.S., with an average annual household income over \$100,000, almost twice the national average. The county's economy revolves around professional services and technology, and many residents work for the government or for contractors of the federal government.

The first day I arrived at Fairfax, the landscape and buildings seemed to be a bit different as expected, though this is not the first time I visited the States. With very few buildings higher than three storeys, the place looks more like the suburban area of a second tier city in China. Traffic is not heavy, and not many people shop in supermarkets. It is difficult for me to believe this place is only 15 miles from downtown D.C., and is said to be one of the busiest areas in the States. However, this is the kind of life I would like to experience and live, as there are too many high buildings and people in Shanghai. Fairfax is a place where I can slow down, take it easy and do what I am interested in for the year. What's more, without many distractions and socializing, I find I have more time for the family, reading in the evening, hiking in the park, and doing sports at recreation centers.

Up till now, the thing I enjoy the most here is the regional and national parks, where I can get so close to nature and wild life easily. With 427 big or small parks and 325 miles of trails, it is easy to find places to get near to the nature. I sometimes go walking and jogging after a day's work in the neighborhood regional parks, which are within walking distance; or go hiking and even camping on weekends in bigger parks. For those who have enough time and really enjoy hiking, Shenandoah National Park, only 70 miles from George Mason University, is always the best place to go. The name of the park may not be so well-known, but the trail that goes through this park is the world famous Appalachian Trail, which is estimated at around 2,200 miles. It is said that it would take about seven months to walk through the whole trail and whoever can complete the trail successfully will be kept in records. Another way to appreciate the beautiful scenery is to drive along the Skyline Drive, which runs 105 miles north and south along the crest of the Blue Ridge Mountains in Shenandoah National park, and it takes about three hours to travel the entire length of the park on a clear day. On sunny and warm days, while driving along the road, I will roll down the car windows, feel the breeze and experience every curve and turn of this beautiful drive. There are nearly seventy overlooks that offer stunning views of the Shenandoah Valley. Besides these natural wonders, I always expect wildlife encounters, such as deer, rabbit, and black bear. Once I saw a cute small bear crossing the road, while driving along Skyline Drive. According to recent survey, there are about 4000 black bears living in the park. So if you want to see a wild black bear, Shenandoah is the best place.

How time flies! There are only five months left for my study here. As I am getting more and more familiar with Fairfax and George Mason, sometimes I may forget that I am only a visitor. Every time I think of saying goodbye, I tell myself that I will surely miss the place and people here. And I am sure I will find time to come back to see my friends, as well as the beautiful scenery.

(审稿/汪燕)

Can Spring Be Far Behind?



Shubenacadie Sam



Wiarthon Willie



Punxsutawney Phil

The wild Canada year's fourth episode—winter—is always the longest and harshest time of the year.

In the north, it lasts for half a year or more. While Canada's landscapes are transformed by the cruel and dramatic beauty of snow and ice, people are always curious to know when spring will come. Every year on February 2, they turn to a small and cute animal—groundhog—to learn about the pace of spring.

Folklore has it that if a groundhog sees his shadow on Groundhog Day he'll flee to his burrow, heralding six more weeks of winter. If he doesn't, it means spring's around the corner.

On the Groundhog Day of 2018, Nova Scotia's famous weather-predicting rodent, "Shubenacadie Sam," appeared from his den at the Shubenacadie Wildlife Park to make his 30th annual prediction. Fans looked on and let out loud cheers as Sam scampered around

the snowy grounds, predicting an early end to winter.

However, in Ontario, Wiarthon Willie waddled out of his den at about 8 a.m. ET, and saw his shadow, meaning there could be six more weeks of winter.

The most famous groundhog in Pennsylvania of the United States Punxsutawney Phil also emerged from his burrow Friday morning only to see his shadow, foreseeing no early end to winter.

Therefore, only time can tell when spring will come to the land of Canada in 2018. Anyway, it's almost March. Since the first snow fell in early November in Ontario last year, can spring be far behind?

(Source: CBC News and Global News)

编选 / 汪燕 美编 / 李梦稳

Tan Weifan: Love Happens in ECNU

美编 / 陈诵弦

Tan Weifan:

Bachelor's Degree: Sept. 2006—Jun. 2010, School of Sports and Health

Master's Degree: Sept. 2013—Jun. 2016, School of Sports and Health



In my sophomore year (2007), our School of Sports and Health moved to the Minhang Campus, which I immediately sensed as "remote and isolated." But, as time went on, I found that my growth in age and knowledge was also accompanied with the lovely changes and developments of our new campus. More people coming and joining us, more buildings erected, more activities and facilities for us, and most important of all, more modern conveniences and fun!

As I furthered my study at Minhang campus in 2016, I was so lucky to meet Liu Jiahuan, who was then a sports fanatic like me and now is my beloved wife. We had the same passion for sports. Especially badminton. We frequented the ECNU gym for exercises and after exercises we patronized the Hedong Cafeteria to enjoy the delicious crayfish at night. The most cherished part of our memories are the time we spent in the library, preparing for papers, and on the little quiet paths strolling and talking after supper. ECNU has given me so much! We are so happy and lucky to have spent part of our life in it!

All our best wishes for the more beautiful future of our ECNU and our ECNUers!

(审稿 / 郭忠义)





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CIRCLE IN HAND, ENGLISH IN MIND



ECNU CIRCLE
华东师范大学 | 英文校园刊物

Photo by Ye Ziqian